



ARIZONA VS WASHINGTON
CARDINALS COMMANDERS



WK1
SEPT. 10

SUNDAY
FEDEXFIELD

1PM



GAMEDAY

MAGAZINE



WELCOME HOME

AN OPEN LETTER TO
OUR FANS

THE PLAYERS' POST:
BRIAN ROBINSON JR.

PRESENTED BY



BANK OF AMERICA

EMMANUEL FORBES JR.:
THE BALL HAWK

A CLOSER LOOK AT
THE COMMANDERS'
53-MAN ROSTER



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Scan for Full Player Roster



GAMEDAY PLAYBOOK

WEEK 1

ARIZONA CARDINALS AT
WASHINGTON COMMANDERS

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TODAY'S MATCHUP

WAS

ARI

77

**WINS VS
EACH OTHER**

47

W8

**LONGEST
STREAK VS
EACH OTHER**

L5

8-8-1

**2022
RECORD**

4-13

15

**LAST MATCHUP:
SEPT. 20, 2020**

30

MEMORABLE GAME

Dec. 7, 2017: Washington 20, Arizona 15

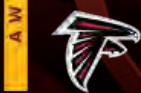
It was a battle of field goals between two teams looking to turn their seasons around, and Washington ultimately pulled away to secure the five-point December victory. Washington jumped out to a 14-3 lead thanks to touchdown receptions from Jamison Crowder and Kapri Bibbs, but the Cardinals chipped away with field goals of 35, 19 and 34 yards. Dustin Hopkins then responded with a 24-yarder of his own, and after Phil Dawson Arizona within two points of tying the score, Hopkins sealed the game with a 32-yard attempt.

2023 SCHEDULE

PRESEASON



OCT 15



WK6
1PM

NOV 23



WK12
4:30PM

SEP 10



WK1
1PM

OCT 22



WK7
1PM

DEC 3



WK13
1PM

SEP 17



WK2
4:25PM

OCT 29



WK8
1PM

DEC 17



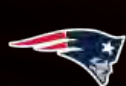
WK15
4:05PM

SEP 24



WK3
1PM

NOV 5



WK9
8:20PM

DEC 24



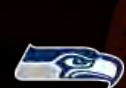
WK16
1PM

OCT 1



WK4
1PM

NOV 12



WK10
4:25PM

DEC 31



WK17
1PM

OCT 5



WK5
8:15PM

NOV 19



WK11
1PM

TBD



WK18
TBD

BYE WEEK 14

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AN OPEN LETTER TO OUR FANS

My partners and I were entrusted by the NFL with the stewardship of your great franchise. This agreement is more than simply a business transaction; we understand that we are taking on the responsibility of managing a public trust.

As a lifelong Washington football fan who grew up here in Chevy Chase, I know that the Commanders are more than just a sports team. This franchise is an institution, passed down from generation to generation. Whether it was the stories my parents told me about Sammy and Sonny, or the stories that I tell my own children about the team under Coach Gibbs -- three Super Bowl rings, eight playoff appearances and 154 wins -- the organization has a rich history of excellence and success. I remember walking into RFK as a kid and feeling the stadium physically rocking with energy. It's that feeling and the power of this franchise that brings people together; and it's that excitement and commitment to winning that we aim to bring back to Washington fans today.

It's no secret that these past years have been tumultuous for our franchise and our fans, but today marks a new era for the Commanders. From day one, it is our top priority to deliver you a championship caliber team. With a proven track record of winning across sports and business, we invest and plan for long term success. We listen, we learn, and we are eager to immerse ourselves in this franchise to guide it with the respect and dignity it deserves.

Most importantly, we hope to earn your trust. We look forward to meeting you in the community and soon at FedExField and learning how we can make the maximum positive impact. Our promise is simple: We will do the work, create the culture and make the investment needed to deliver for this team and for Washington.

We will strive every day to ensure that we are a franchise you can be proud of.

**JOSH HARRIS AND THE
WASHINGTON COMMANDERS
OWNERSHIP GROUP**

JOSH HARRIS

MANAGING PARTNER

1ST NFL SEASON / 1ST WITH WASHINGTON

Josh is the Managing Partner of the Washington Commanders and the Founder and Managing General Partner of Harris Blitzer Sports & Entertainment (HBSE).

In connection with the HBSE portfolio, he is the Managing Partner of the Philadelphia 76ers and the Co-Managing Partner, Vice Chairman, & Alternate Governor of the New Jersey Devils. Under his leadership, the HBSE platform has grown to include Top-10 venue, the Prudential Center in Newark, N.J., the \$82 million mixed-use Training Complex in Camden, NJ, the Delaware Blue Coats, the Utica Comets, renowned esports franchise Dignitas, and HBSEv, a venture fund investing in early stage sports technology companies, among other franchises. Additionally, Josh is a General Partner of the Crystal Palace Football Club in the Premier League.

Passionate about strengthening the communities in which the teams operate, Josh, in connection with the Sixers Youth Foundation and Devils Youth Foundation, supports Newark, Camden and Philadelphia by partnering with local hospitals, youth centers, schools and food distribution centers for civic growth and relief.

Outside of HBSE, in 2022, Josh founded 26North, a next-generation alternatives platform. Prior to founding 26North, Josh co-founded Apollo Global Management and spent over thirty years building the firm into the world's second-largest alternatives and largest alternative credit manager. Harris was responsible for some of the firm's most successful private equity investments, including the historic Lyondell Basell transaction.

Additionally, Josh and his wife, Marjorie, founded Harris Philanthropies in 2014 to advocate for youth and community development. Across their charitable platform, they have become one of the largest supporters of after-school sports programs, helping 15,000 youth annually across the country.

The Harris family is committed to using a blend of philanthropic giving and impact investment to improve outcomes for underserved groups in areas where they have a deep connection, with a focus on sports and academic programming, championing equity and sustainable wealth creation in Black and other diverse communities and enhancing health, wellness and educational outcomes.

Josh serves on the Boards of Mount Sinai Medical Center, Harvard Business School, the Wharton School at the University of Pennsylvania, the NBA, and the NHL. He holds an MBA from Harvard Business School, where he was named a Baker Loeb Scholar, and graduated summa cum laude from the University of Pennsylvania's Wharton School of Business with a B.S. in Economics.

Josh and Marjorie have been married for 25 years and live in Miami with their five children. A former college wrestler, Josh remains an active athlete, competing in numerous marathons and triathlons.



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JASON WRIGHT

PRESIDENT

11TH NFL SEASON (7 PLAYING/4 EXECUTIVE) / 4TH WITH WASHINGTON

As President of the Washington Commanders, Jason Wright is responsible for leading the organization's business divisions, including operations, finance, sales, and marketing. In addition to leading a historic transformation of a sports franchise, he is the first Black team president in the history of the NFL and currently is the youngest team president in the League. He is the fourth former NFL player to become president of a team.

Prior to joining the Washington Commanders, Jason was a partner in McKinsey & Company's Washington DC office. His work focused on expanding the value of large, complex organizations through operations and culture transformations. Jason specialized in steering companies through their toughest moments - in crisis and turnaround scenarios. From systemic personnel misconduct to financial distress to COVID-19 response, Jason's tenure at McKinsey supported a range of multi-national, corporation-specific challenges, while also leading the company's global inclusion and anti-racism strategies.

His deep passion for intentional change that profoundly expands opportunities for historically marginalized populations resulted in his work co-founding McKinsey's Black Economic Institute. A research entity that analyzes the racial wealth gap, the Institute today serves as a prominent voice in public discussions regarding racial equity in corporate America. This advocacy, combined with his data and results-oriented approaches, have been sought out by leading organizations, such as The Greater Washington Partnership, where Jason helps lead its Inclusive Growth Strategy Council as co-chair. The Inclusive Growth



Strategy Council is a regional collaborative that dissects and identifies a blueprint for the region to address long-standing gaps in income, services, employment, and access to capital for lower-income populations.

Jason's commitment to faith, family, and community is marked by his service on the Board of Trustees at Union Theological Seminary, where he is helping the institution better equip a changing student body focused on community organizing and social entrepreneurship. His leadership, passion for community change, and business acumen have been noted nationally and regionally, with Jason being awarded as a "Top 40 under 40" by Black Enterprise magazine, Sports Business Journal's "Best Hire of 2020," and standing as a member of The Economic Club of Washington D.C., where he serves alongside DC-based executives supporting a range of initiatives in the DMV.

Jason spent seven years as a running back in the NFL and was team captain and NFLPA player representative for the Arizona Cardinals during the 2011 NFL lockout. He has a B.A. in psychology from Northwestern University, where he was an Academic All-American student athlete, a two-time All-Big Ten football selection, and the president of Alpha Phi Alpha Fraternity and the Fellowship of Christian Athletes. He received his M.B.A. in Operations and Finance with honors, from the University of Chicago-Booth School of Business.



RON RIVERA

HEAD COACH

36TH NFL SEASON (25 COACHING/11 PLAYING) / 4TH WITH WASHINGTON

He was named the 30th head coach in franchise history on Jan. 1, 2020 and led Washington to their first division title since 2015. During the 2020 season Rivera was diagnosed with Squamous Cell Carcinoma (SCC) located in a lymph node and detected from a self-care check. Rivera continued to coach through his treatments and on January 28, 2021, he was declared cancer free. Rivera was selected as the NFC Coach of the Year by the Committee of 101 following the 2020 season.

Through three seasons in Washington, Rivera has accumulated 22 wins and one playoff appearance. His teams have also gone 8-3 in the month of November and oversaw a defense that finished third in the NFL in yards per game and fourth in the NFL in passing yards per game.



Rivera eclipsed 100 total career wins (regular and postseason) with a victory against the Atlanta Falcons in Week 12 of the 2022 season. He became the seventh active head coach to achieve the milestone and the 47th coach over all to accomplish the feat.

A friend of legendary head coach Joe Gibbs, Rivera is a passionate and skilled leader who has earned the respect of his players, coaching staff and the community. He most recently served as the head coach of the Carolina Panthers for nine seasons, where he led the team to three straight divisional titles and an appearance in Super Bowl 50. Rivera was also recognized twice as the NFL Coach of the Year by the Associated Press in 2013 and in 2015 and is the all-time leader in wins for the Panthers franchise.

Rivera inherited a 2-14 Carolina Panthers team as a rookie head coach in 2011 and guided it back to an NFC force with four playoffs appearances since 2013, tied for the second-most playoff berths in the NFC over that six-year period. In that span, the Panthers recorded 58 wins, tied for the most in any six-year period in their franchise history and fifth-most in the NFL.

Hired by the Panthers for his defensive expertise, Rivera did not disappoint as the Panthers put together five top-10 finishes in total defense in seven seasons from 2012-18. Like Rivera, the Panthers' rebound has been steady and solid,

starting with six wins in his first season in 2011 and seven victories in 2012 before registering three consecutive division championships starting in 2013 when he earned his first Associated Press NFL Coach of the Year award. Laying a foundation that included back-to-back Rookie of the Year award winners in quarterback Cam Newton and linebacker Luke Kuechly, Rivera blended veteran and young talent into productive units on both sides of the ball.

Rivera helped lead a Panthers team that finished among the league's top-10 rushing offenses, including top-five finishes in 2011, 2015, 2017 and 2018. The Panthers recorded 30 consecutive regular season games with at least 100 rushing yards from Week 6 of 2014 to Week 3 of 2016, the longest streak in the NFL since Pittsburgh tallied 43 from 1974-77.

Carolina's run defense ranked in the top 10 of the NFL in 2013, 2015, 2016 and 2017. Starting in Week 14 of 2016 through Week 1 of 2018, the Panthers went 21 consecutive games without allowing a 100-yard individual rusher, setting a franchise record.

In 2018, Rivera coached two players to All-Pro selections. Panthers running back Christian McCaffrey earned AP All-Pro second-team honors as he helped the Panthers lead the NFL in rushing yards per carry (5.1). McCaffrey also recorded 107 receptions, the most by any running back in a season in NFL history and broke Steve Smith's franchise record for single-season receptions by any player. He ran for 1,098 rushing yards, becoming the third player in NFL history with over 100 receptions and 1,000 rushing yards in the same season. McCaffrey accumulated a franchise-record 1,965 scrimmage yards, ranking third in the NFL.

Linebacker Luke Kuechly earned his sixth-straight Pro Bowl selection and fifth AP All-Pro first-team honor, tied for the most among active players. Kuechly tied for third in the NFL with 20 tackles for loss. In 2017, the rushing attack helped propel the team to an 11-5 record and a Wild Card berth by averaging 131.4 yards on the ground, good for fourth in the league.

In 2015, Rivera was named NFL Coach of the Year for the second time in three seasons as his team earned its third consecutive NFC South title and claimed the top seed in the NFC for the first time in Panthers franchise history. The Panthers became just the seventh team in the Super Bowl era to post a 15-1 or better record in the regular season. Carolina started 2015 with 14 consecutive victories, which, combined with four wins to close the 2014 regular season, gave the Panthers an NFC-record 18-game winning streak. Carolina won its second NFC Championship in franchise history, third consecutive NFC South division title and appeared in Super Bowl 50. Carolina finished the season with a franchise-best 17-2 record, including home playoff victories over Seattle in the divisional round and Arizona in the NFC Championship game.

Rivera's Panthers went 12-4 and won the NFC South in 2013, Carolina's first division title since

2008. The Panthers then recovered from a 3-8-1 start in 2014 to win four in a row and capture a second consecutive NFC South crown. Prior to Rivera's arrival, Carolina had never reached the postseason in consecutive years, and no team had captured the NFC South twice in a row.

Rivera arrived in Carolina with a reputation for hard work, attention to detail and preparation. Those were also the qualities he exhibited in his first campaign as the Panthers tripled their win total from the previous season. Rivera did not even meet his team until they reported to training camp and, despite a slow start, held it together to finish with four wins in the final six games.



Rivera has shined as a coach and player during his 30-plus years in the NFL, serving as defensive coordinator for the San Diego Chargers' top-ranked defense in 2010 and playing linebacker for the Chicago Bears' top-ranked defense and Super Bowl XX championship team in 1985. In 23 seasons as a coach and nine as a player, he has been with teams that have reached the playoffs 19 times, including nine conference championships and three Super Bowls. The mentality of the Chargers defense that Rivera coached and the Bears defense on which he played has stuck with the head coach, and he has transferred it to his teams.

Rivera's character has been influenced by two innovative defensive coordinators. As a player, Rivera was coached by the late Buddy Ryan, the architect of the "46 Defense," which involved blitzing on nearly every down. As a coach, Rivera toiled under the late Jim Johnson, a highly regarded defensive coordinator renowned for his aggressive approach.

Rivera's identity also has been shaped by his family. The son of a U.S. Army officer and the second youngest of four boys, Rivera learned from a young age about chain of command and many of the principles he teaches and expects from his players. "I come from a military family where discipline isn't taught, it's lived. It's expected from day one. I have a philosophy that every player, every coach, everyone who works for this organization, they'll know it day one," Rivera said in his introductory press conference with Washington on Jan. 2.

Rivera worked with the Chargers from 2007-10. He coached inside linebackers before taking over as the team's defensive coordinator midway through the 2008 season. Under Rivera's guidance, the pass defense steadied itself—intercepting nine passes and yielding 229.6 passing yards per game and 11 touchdown passes over the final eight games. Those numbers contrasted to the first half of the season when San Diego notched just seven picks and was victimized for 265.1 yards per game and 14 touchdowns through the air. In Rivera's first full season leading the defense in 2009, the Chargers ranked 16th in total defense and 11th against the pass. Those rankings improved in 2010 as San Diego led the NFL with an average of 271.6 total yards allowed per game and gave up a league-low 177.8 passing yards per game. From 2004-06, Rivera oversaw the Chicago Bears defense, engineering the unit to two top-five finishes in the league. Under Rivera's direction, five different defensive players went to the Pro Bowl: linebacker Lance Briggs, safety Mike Brown, defensive tackle Tommie Harris, linebacker Brian Urlacher and cornerback Nathan Vasher.

In his first season as a defensive coordinator in 2004, Rivera presided over a defense that produced nine more takeaways and 17 more sacks than the previous year and scored a franchise-record and NFC-high six defensive touchdowns. The Bears also thrived on third down and buckled down inside their own 20-yard line, ranking first in the NFL in third-down efficiency (30.5 percent) and topping the NFC in red zone defense (42.6 percent). The following year, Chicago continued to build on the foundation Rivera laid in 2004. The Bears won their first of two consecutive NFC North titles and stood second in the NFL in total defense. In surrendering the fewest points in the league, Rivera's defense went 43 consecutive quarters without allowing more than seven points—the longest streak in the NFL since 1969. During

Rivera's last season with the Bears in 2006, the defense paced the NFL with 44 takeaways and finished fifth in the league in total defense and third in scoring defense, helping propel Chicago to the NFC Championship and an appearance in Super Bowl XLI.

Prior to becoming a defensive coordinator, Rivera spent five seasons from 1999-2003 as the linebackers coach for the Philadelphia Eagles, who advanced to the NFC Championship game in each of his final three seasons. Twice during Rivera's tenure with the Eagles, the team finished second in the NFL in scoring defense and in 2001 held all 16 of its opponents to fewer than 21 points—making them just the fourth team in NFL history to do so.

Rivera gained his first coaching experience with the Bears as a defensive quality control coach from 1997-98. He is just the third Latino head coach in NFL history, joining Tom Flores with the Oakland Raiders from 1979-87 and Seattle Seahawks from 1992-94 and Tom Fears with the New Orleans Saints from 1967-70.

Following retirement from his playing career, Rivera went into broadcasting. He covered the Bears and college football as a television analyst for WGN and SportsChannel Chicago for four years from 1993-96.

Selected in the second round of the 1984 NFL Draft by Chicago, Rivera played all nine of his pro seasons with the Bears. Primarily an outside linebacker, he appeared in 149 games with 62 starts (including 12 postseason contests with six starts) and posted 392 tackles, 8.5 sacks, five forced fumbles, six fumble recoveries, nine interceptions and 15 passes defended. Rivera was a member of six NFC Central division title teams and a Super Bowl XX championship team in 1985.

As a player, Rivera was known for both his skill and determination on the field and his dedication of time and energy to the community. As a result, he was named the Bears' Man of the Year in 1988 and earned the club's Ed Block Courage Award in 1989. He has carried that same community commitment to coaching, sponsoring a bowling tournament to benefit the Ronald McDonald House, USO and Humane Society. He was a finalist for the 2017 Salute to Service Award, an annual award presented to NFL players, coaches, personnel and alumni who demonstrate an exemplary commitment to honoring and supporting the military community.

Rivera, who lost his brother Mickey to pancreatic cancer in 2015, also serves as a spokesman for the Pancreatic Cancer Action Network. He has twice been the honorary starter for the organization's PurpleStride 5K in Charlotte.

An All-American at the University of California, Rivera finished his career as the school's all-time leader in sacks with 22 and tackles with 336. As a senior in 1983, he set the Bears' single-season record for sacks with 13 and tackles for loss with 26.5.

Born Jan. 7, 1962, in Fort Ord, Calif., Rivera lived in Germany, Panama, Washington and Maryland before his family settled in Marina, Calif. He attended Seaside High School in Seaside, Calif., and was a three-sport star in football, basketball and baseball. Rivera and his wife, Stephanie, have two children, Christopher and Courtney. Stephanie is a former assistant coach for the WNBA's Washington Mystics.

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*Ron Rivera, Head Coach
Washington Commanders*



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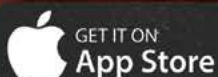


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ERIC BIENIEMY

ASSISTANT HEAD COACH/OFFENSIVE COORDINATOR

25TH NFL SEASON (24 COACHING/11 PLAYING) / 1ST WITH WASHINGTON

Eric Bieniemy was hired as the team's assistant head coach/offensive coordinator on February 18, 2023.

Bieniemy enters his 25th NFL season and first with Washington after serving as the Kansas City Chiefs offensive coordinator the past five seasons. Prior to being named the offensive coordinator, Bieniemy served as the Chiefs running backs coach from 2013-17.

In 2022, Bieniemy helped lead the Chiefs and their offense to their second Super Bowl championship in four seasons and helped quarterback Patrick Mahomes earn his second MVP in five seasons. The Chiefs led the NFL in total yards per game (413.6), passing yards (5,062), scrimmage touchdowns (59) and total points per game (29.2).

In 2021, Bieniemy continued to lead the Kansas City Chiefs offense to finish in the top five in multiple NFL categories including, third down conversion percentage (1st, 52.2), fourth down conversion percentage (T-1st, 66.7), first downs (1st, 419), yards per game (3rd, 396.8), yards after catch (1st; 2,494), offensive touchdowns (5th, 53) and points per game (4th, 28.2) en route to the team's sixth-straight AFC West title. Quarterback Patrick Mahomes continued to add to his NFL resume, adding 4,839 passing yards on 436 completions and 37 touchdowns. Mahomes has 31 career games with 300+ passing yards, which is the most such games by a player in his first five seasons in NFL history.

In 2020, the Chiefs offense led the NFL in multiple categories including, net passing yards per game (303.4), yards per game (415.8), first downs (397), yards after catch (2,254) and plays of at least 20 yards (79) en route to the club's fifth-straight AFC West title and second-straight Super Bowl appearance.

In 2019, the Super Bowl Champion Chiefs offense finished in the top 10 in total yards per game

(379.2), pass yards per game (281.1), yards per play (6.22) and total points scored (28.2). Mahomes became the fastest QB in NFL history to reach 9,000 passing yards and 75 touchdowns, doing so in only 30 games.

In his first year as offensive coordinator, Bieniemy oversaw one of the most prolific offenses in Chiefs history as the club finished 12-4, earned its third-consecutive AFC West Championship and a No. 1 seed in the playoffs en route to hosting the first AFC Championship Game in team history. Mahomes was named the NFL MVP as he passed for 5,097 yards and 50 touchdowns in his first season as a starting quarterback. Tight end Travis Kelce ranked second among NFL tight ends with 1,336 receiving yards, and WR Tyreek Hill's 1,479 single season receiving yards ranked first in Chiefs history.

In 2017, the Chiefs had a 1,000-yard rusher, with the group logging a combined 1,903 yards on the season. From 2013-15, Bieniemy mentored running back Jamaal Charles. In 2014, Charles recorded 1,000 yards for the fifth time in his career. Charles became the all-time leading rusher in franchise history and finished his Chiefs career with 7,260 career rushing yards. His 5.5 yards per carry average is also the best in Chiefs history.

In 2013 under Bieniemy, Charles led the NFL in touchdowns (19) and first downs (104) and ranked second in yards from scrimmage (1,980 yards). He recorded the most receiving yards by a running back in Chiefs history and led the AFC in rushing (1,287 yards).

Prior to returning to the NFL coaching ranks, Bieniemy spent two seasons (2011-12) at his alma mater Colorado after coaching the running backs for five seasons with the Minnesota Vikings (2006-10). In those five seasons, the Vikings produced a 1,000-yard rusher each year while his stable of running backs broke the 100-yard mark 31 times in

80 regular season games.

In 2006, he coached Chester Taylor, who rushed for 1,216 yards; the next season, Taylor and Adrian Peterson combined for 2,185 yards (1,341 by Peterson, who was All-Pro as a rookie). Peterson set a then-Vikings record with 1,760 yards in 2008, earning the Bert Bell Award as the Pro Football Player of the Year. Overall, Peterson totaled 5,782 rushing yards and 52 touchdowns in four seasons under Bieniemy's guidance.

Bieniemy made the move to the professional ranks after three seasons as the running backs coach at UCLA (2003-05). While at UCLA, Bieniemy tutored former NFL RB Maurice Jones-Drew for three seasons. Jones-Drew earned Freshman All-America honors in 2003, rushed for 1,007 yards in 2004 and was a consensus All-America selection as a kick returner in 2005.

Following his nine-year NFL playing career, Bieniemy served as an assistant at Thomas Jefferson High in Denver prior to securing his first job as running backs coach with Colorado. In his first two seasons coaching the position, CU ranked in the top-10 in rushing. He was a second-round draft pick (39th overall) of the San Diego Chargers in the 1991 NFL Draft. He enjoyed a nine-year pro career with three teams: San Diego (1991-94), Cincinnati (1995-98) and Philadelphia (1999), where he played for Chiefs Head Coach Andy Reid. In 142 career NFL games, he rushed for 1,589 yards and 11 touchdowns while catching 146 passes for 1,223 yards. He appeared in Super Bowl XXIX in his final season with the Chargers.

A letterwinner from Bishop Amat High School in La Puente, Calif., Bieniemy earned second-team All-America honors in football as a senior when he rushed for 2,002 yards and 30 touchdowns.

A native of New Orleans, Bieniemy is married to his wife, Mia and has two sons, Eric III and Elijah.



KEN ZAMPESE
SR. OFFENSIVE ADVISOR/
GAME MANAGEMENT



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JACK DEL RIO

DEFENSIVE COORDINATOR

36TH NFL SEASON (25 COACHING/11 PLAYING) / 4TH WITH WASHINGTON

Jack Del Rio enters his fourth season as the Commanders Defensive Coordinator in 2023 after being named to the position on Jan. 2, 2020.

In 2022 Del Rio led a defense that finished third in the NFL in yards per game and fourth in the NFL in passing yards per game. Del Rio's defense held opponents to a 31.9 percent conversion rate on third down, the lowest in the league and finished eighth in the NFL allowing opponents to convert 51.9 percent of the time in the redzone. Washington held opponents to a 26:57 time of possession mark, the lowest in the NFL. Del Rio's defense also recorded 15 games allowing 25 or fewer points, the most in the NFL.

In 2021, Del Rio oversaw a defense that featured defensive tackle Jonathan Allen, who set career-highs in sacks (9.0) and quarterback hits (30). Washington's defense allowed the eighth-fewest rushing yards per game and recorded the best defensive tackle team grade in the NFL according to Pro Football Focus.

In 2020, Del Rio helped lead a defense that ranked in the top 10 in total yards per game (6th), passing yards per game (5th), interception rate (8th), redzone percentage (3rd) and total points per game (7th).

Del Rio has accumulated 35 combined seasons of NFL experience, including 24 as a coach and 11 as a player. He has held head coaching roles with the Oakland Raiders, Denver Broncos (interim) and Jacksonville Jaguars. He has also coached 29 players to a total of 57 Pro Bowl selections.

From 2015-17, Del Rio was the Head Coach of the Oakland Raiders. In 2016, he guided the Raiders to a 12-4 record, marking the franchise's first 12-win season since 2000. The Raiders earned a

postseason berth for the first time since 2002 and landed an NFL-high seven players on the AFC Pro Bowl squad. Del Rio was selected as the recipient of the Maxwell Club's Greasy Neale Professional Coach of the Year Award, becoming the sixth Raiders coach to earn NFL Coach of the Year honors. In addition, he was named the AFC Coach of the Year by Kansas City's Committee of 101.

As defensive coordinator with the Denver Broncos from 2012-14, Del Rio was part of three-straight AFC West titles and helped lead Denver to an AFC Championship and appearance in Super Bowl XLVIII following the 2013 campaign. It marked his second stint under Head Coach John Fox, as the two also spent the 2002 season together in Carolina.

Prior to joining the Broncos in 2012, Del Rio spent nine seasons at the helm in Jacksonville. During his head coaching tenure (2003-11) with the Jaguars, the club ranked sixth in the NFL in yards per game allowed (317.3) and eighth in points per game allowed (20.3).

Under Del Rio, the Jaguars made two playoff appearances in 2005 and 2007, highlighted by the club's first postseason win in eight seasons with a 31-29 road victory against the Pittsburgh Steelers in the 2007 AFC Wild Card Game. During his lone season as a defensive coordinator with Carolina in 2002, he inherited the NFL's worst defense statistically (371.4 yards per game allowed) and turned it into the league's second-ranked unit (290.4 yards per game allowed). Additionally, the 2002 Panthers squad led the NFL in rushing average against (3.7 avg.) and ranked second in third down efficiency (32.9 percent) and sacks (52).

As linebackers coach for the Baltimore Ravens from 1999-2001, Del Rio tutored a talented group

that included Peter Boulware, Ray Lewis and Jamie Sharper. Baltimore's 2000 team set the NFL 16-game record by allowing only 165 points while recording four shutouts and forcing a league-best 49 turnovers. Lewis was named the NFL's Defensive Player of the Year and the MVP of Super Bowl XXXV that season after a playoff run in which the defense surrendered just one touchdown in four games.

Del Rio began his coaching career with the New Orleans Saints under Head Coach Mike Ditka, serving as an assistant strength coach in 1997 before moving on to coach the linebackers in 1998.

A veteran of 11 seasons as an NFL linebacker, he was selected in the third round (68th overall) of the 1985 NFL Draft by New Orleans and went on to make the NFL's All-Rookie Team and earn the Saints' Rookie of the Year award.

Del Rio was a four-year starter at the University of Southern California, where he earned consensus All-American honors as a senior and was runner-up for the Lombardi Award, given to the nation's best lineman or linebacker.

Del Rio recorded 340 career defensive stops, including 58 tackles for a loss. A standout catcher on the USC baseball team, Del Rio was drafted by the Toronto Blue Jays in 1981. He was inducted into the USC Athletic Hall of Fame in May 2015.

Del Rio was a three-sport star in football, baseball and basketball at Hayward (Calif.) High School. He earned a degree in political science from the University of Kansas while playing for the Chiefs.

Del Rio and his wife, Linda, have three daughters, Lauren, Hope and Aubrey, and a son, Luke, who also works for Washington as an offensive quality control coach and assistant quarterbacks coach.



JEFF ZGONINA
DEFENSIVE LINE



BRENT VIESELMAYER
DEFENSIVE BACKS



STEVE RUSS
LINEBACKERS



RICHARD ROGERS
SR. DEFENSIVE ASST./
SAFETIES



RYAN KERRIGAN
ASST. DEFENSIVE LINE



VINCENT RIVERA
ASST. LINEBACKERS/
DEFENSIVE QUALITY CONTROL



CRISTIAN GARCIA
ASST. DEFENSIVE BACKS/
NICKELS



REGGIE HOWARD
DEFENSIVE QUALITY CONTROL



NATE KACZOR

SPECIAL TEAMS COORDINATOR

16TH NFL SEASON / 5TH WITH WASHINGTON



Nate Kaczor (pronounced Kat-sir) enters his fifth season as special teams coordinator with Washington in 2023. Prior to Washington, Kaczor held positions with the Jacksonville Jaguars, Tennessee Titans and Tampa Bay Buccaneers.

In 2022, Kaczor led a unit that produced two Pro Bowl players including punter Tress Way and special teamer Jeremy Reaves. Way became the first Washington punter since Matt Turk in 1998 to be selected to the Pro Bowl. Way now joins Turk (1996-98) as the only other punter in franchise history to be selected to multiple Pro Bowls. Way punted 83 times and recorded 3,885 yards and pinned 37 punts inside the 20 yard line. Reaves was selected as a primary special teamer for the NFC. It was Reaves' first Pro Bowl selection and the selection marks the first time that Washington has sent a special teamer to the Pro Bowl since Lorenzo Alexander in 2012.

In 2021, Kaczor led a special teams unit that finished with the sixth-most total return yards in the NFL which was the most by the organization since 2015. The unit also allowed 643 kickoff return yards, the seventh fewest in the NFL. Washington punted for an average of 47.4 yards, the seventh-most in the league.

In 2020, Kaczor helped standout punter Tress Way record the highest single season net punting average [44.3] in franchise history. Way broke his own record from 2019 [44.1], also under the direction of Kaczor. Way also set a franchise record for most punting yards in a single game, punting 10 times for 511 yards against the Rams in Week 5. Washington led the league in net punting yards in 2020 with 3,325.

In 2019, Kaczor helped guide punter Tress Way to his first Pro Bowl selection. Way was also named to the Associated Press All-Pro Second Team. Way

finished the season No. 2 in net average (44.1) and No. 2 in punt yardage (3,919) and No. 7 in punts inside the 20 yard line (30). Under Kaczor's guidance, Washington ranked No. 4 in the league in kickoff return average (25.2) and No. 5 in kickoff return yardage (833) despite fielding one of the league's youngest rosters.

Under Kaczor's guidance, Steven Sims Jr. (NFC Special Teams Player of the Week in Week 12) and Tress Way (NFC Special Teams Player of the Week in Week 13) were also the first players in the history of the franchise to receive the honor of NFC Special Teams Player of the Week in consecutive weeks.

During Kaczor's three seasons with Tampa Bay, the Buccaneers were one of the top punt coverage units in the NFL, allowing only 6.6 yards per return, the fourth-lowest mark in the league during that span.

Punter Bryan Anger was a standout during Kaczor's tenure with the Buccaneers. In his first year with the team, Anger set Buccaneers records for both punts inside the 20 (37) and net punting average (42.7), with both of those ranking in the top five in the NFL in 2016. In the three seasons that Anger spent under Kaczor's tutelage, Anger ranked top 15 in the league in punts inside the 20 and net average while only recording 14 touchbacks.

Kaczor came to Tampa Bay having spent the previous four seasons with the Tennessee Titans, the final three as the teams' special teams coordinator (2013-15) after being hired as the assistant offensive line coach in his first season (2012). In 2015, the Titans tied for the NFL lead in special teams takeaways, while in 2013 Kaczor's unit ranked third in the league in opponent punt return average and eighth in kickoff return average.

Kaczor entered the NFL as an assistant special

teams coach with the Jacksonville Jaguars, working there from 2008-11. During those four years, Jacksonville had one of the league's top special teams coverage units, allowing the lowest punt return average in the NFL (6.5) and the eighth-lowest kickoff return average (21.8). In each of Kaczor's final two seasons, Montell Owens earned Pro Bowl recognition as a special teams player.

Prior to joining the NFL, Kaczor spent 17 years coaching in college, the final two working as co-offensive coordinator (2007) and tight ends coach (2006) at Louisiana-Monroe. In his only season as co-offensive coordinator, the team ranked second in the Sun Belt Conference in rushing offense and averaged its most points scored since 1993.

Before his time at Louisiana-Monroe, Kaczor spent two seasons (2004-05) as the co-offensive coordinator/tight ends coach at Idaho and four seasons as offensive coordinator/quarterbacks coach at Nebraska-Kearney (2000-03). Kaczor began his coaching career as an offensive assistant at his alma mater, Utah State, working as an offensive assistant for nine seasons (1991-99), helping the team win three conference championships.

A center at Utah State, Kaczor was a team captain, who earned all-conference honors in 1989. A native of Scott City, Kansas, Kaczor is an avid college basketball fan and he and his wife, Angie, have two children, Kaylee and Micah, who had a stint as a pitcher in the Colorado Rockies organization.



BEN JACOBS

ASST. SPECIAL TEAMS



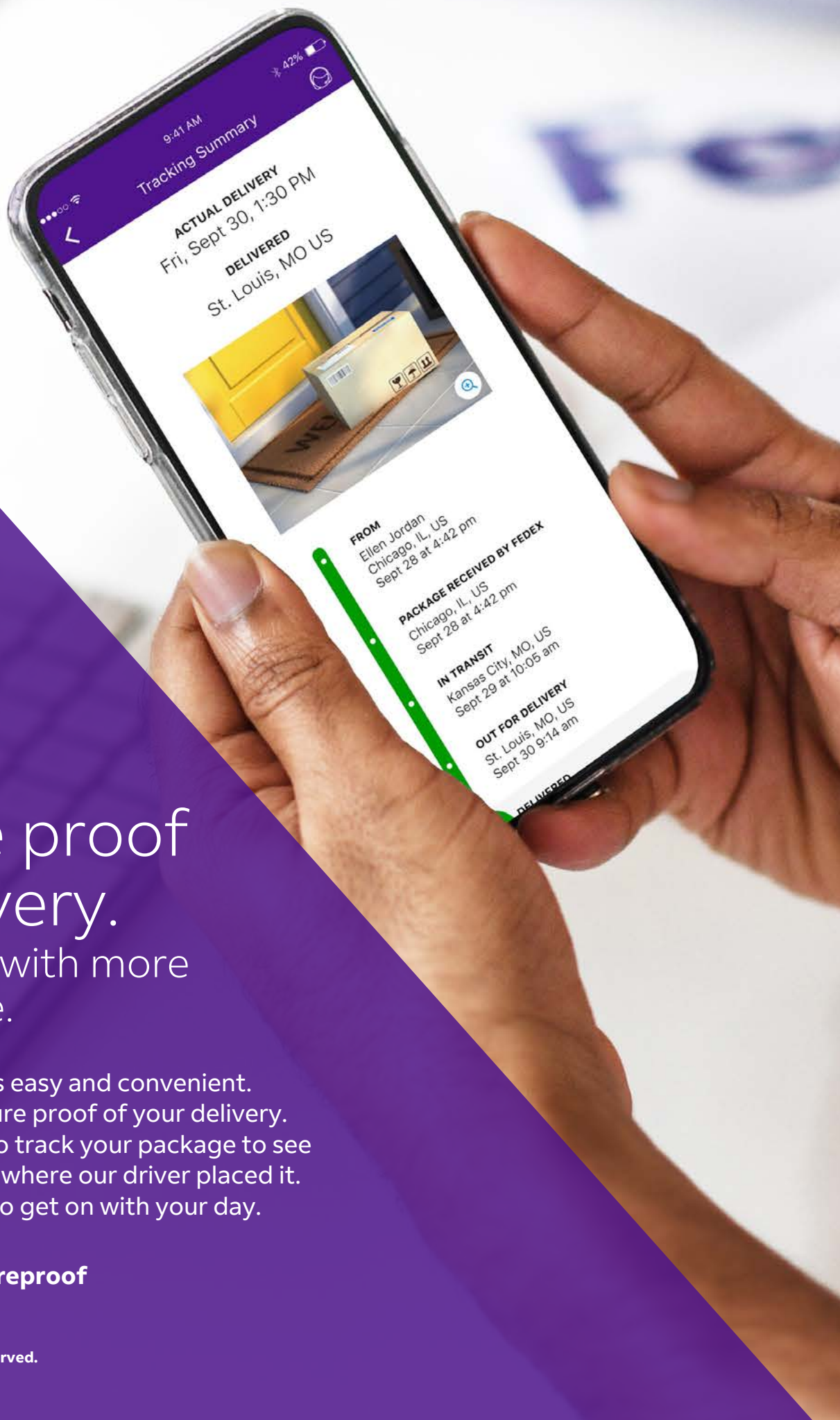


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CHAD ENGLEHART

HEAD OF STRENGTH & CONDITIONING

14TH NFL SEASON / 7TH WITH WASHINGTON

Chad Englehart is entering his 14th season with Washington and his seventh as the team's head strength and conditioning coach in 2023 after being promoted to the role during the 2017 offseason. He initially joined the team as an assistant strength and conditioning coach on February 26, 2010.

Prior to joining Washington, Englehart served as the head strength and conditioning coach with the Florida Tuskers of the United Football League in 2009.

In 2008, Englehart served as director of strength and conditioning at Xcel Sports Performance

in Louisiana. Before that, he was head strength and conditioning coach in 2007 at HS2 Athletic Performance in Mandeville, La., and at the University of New Orleans in 2006.

Englehart holds a Master's degree in human movement with a concentration in corrective exercise from A.T. Still University. He also holds a bachelor's degree in kinesiology with a concentration in exercise science from Southeastern Louisiana University. He is a certified strength and conditioning specialist with the National Strength and Condition Association and is a Performance Enhancement Specialist and

Corrective Exercise Specialist with the National Academy of Sports Medicine (NASM).

Englehart also holds certifications with USA Weightlifting and USA Track and Field, Functional Movement Screen and TRX Suspension Training certifications as well as a Fitness Nutrition Specialist certification from the NASM and a 3DMAPS (3D Movement Analysis and Performance System) certification from Gray Institute.

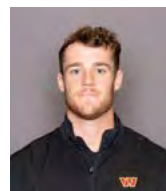
Englehart and his wife, Lyndsey, have two daughters, Blair and Elise.



KAVAN LATHAM
ASST. STRENGTH &
CONDITIONING



JAKE SANKAL
ASST. STRENGTH &
CONDITIONING/NUTRITION



RYAN VERMILLION JR.
ASST. STRENGTH &
CONDITIONING





DOUG WILLIAMS

SENIOR ADVISOR TO THE PRESIDENT

27TH NFL SEASON

Doug Williams is Senior Advisor to Washington Commanders President Jason Wright. In his role, Doug leverages his vast experience with the team as a player, ambassador, and executive to provide counsel on all matters pertaining to the establishment of a new, modern identity for the team.

Previously, Doug served as Washington's senior vice president of player development. In that role, one of the most celebrated athletes in franchise history helped lead and guide the efforts of the team's player development department.

Doug, a member of the 90 Greatest Washington players and franchise's Ring of Fame, played with the team from 1986-89 and led Washington to a Super Bowl XXII title, which was a 42-10 rout of the Denver Broncos. The first African-American quarterback to play in a Super Bowl, he completed 18-of-29 passes for 340 yards with four touchdown passes to earn Super Bowl XXII MVP honors.

Doug is a veteran of 21 NFL seasons, including nine as a player and 12 in scouting/personnel roles. He spent five seasons as Personnel Executive with the Tampa Bay Buccaneers from 2004-08 before being named the team's Director of Pro Personnel for the 2009 season.

Doug joined the Buccaneers' front office in 2004 following a successful tenure as head coach at his alma mater, Grambling State, and one of the most storied playing careers in league and team history. His responsibilities in Tampa included coordinating the scouting and recruiting of all NFL players, while also monitoring NFL transactions and overseeing player tryouts. In addition, he was in charge of Tampa Bay's evaluating efforts of all other professional football leagues, including the Canadian Football League.

A first-round pick by Tampa Bay in the 1978 NFL Draft (17th overall), he led the Buccaneers to the first three playoff appearances in team history. He propelled the team to three winning seasons

(10-6 in 1979, 9-7 in 1981 and 5-4 in 1982). They were the only campaigns in franchise history with a winning record until more than 15 years later, in the 1997 season. He started 67 career games for the Buccaneers and was a two-time team MVP in 1980 and 1981. He ended his Tampa Bay career in 1982 as the all-time franchise leader in touchdown passes, passing yards, attempts and completions.

In 1986, Washington traded for Williams' rights following two seasons with the USFL's Oklahoma Outlaws. In his Super Bowl XXII MVP performance following the 1987 season, he set or tied several Super Bowl passing records, including most TD passes (four), most yards passing (340), longest pass completion (80 yards) and longest TD pass (80 yards).

In six seasons during his first tenure (1998-2003) at Grambling State, Doug brought one of the most storied programs in college football history back to prominence, compiling a 52-18 record as head coach after succeeding the legendary Eddie Robinson, who was at the helm for 57 years from 1941-97 and re-wrote the record books as the winningest coach in the history of college football with 408 career wins.

Williams led the Tigers to three consecutive Southwestern Athletic Conference titles from 2000-02, as they were named National Black College Champions during the same three-year span. He was also named SWAC Coach of the Year in each of those three seasons. Williams was a two-time finalist for The Sports Network Eddie Robinson (Division I-AA) National Coach of the Year. He rejoined the program for three seasons from 2011-13, including earning the SWAC title in his first season back in 2011.

Doug started his college head coaching career at Morehouse College in 1997. He also has previous NFL experience as a scout for the Jacksonville Jaguars in 1995 and as offensive coordinator for the Scottish Claymores of the World League

in 1995 and tutoring running backs for Navy in 1994. He also excelled on the high school level as head coach and athletic director at Point Coupee H.S. in New Roads, La., in 1991. In 1993, he was head coach at Northeast H.S. in his hometown of Zachary, La., where he guided the team to a 13-1 record and the state semifinals, including a win over Peyton Manning's Isidore Newman squad in the 1993 state quarterfinals.

As Grambling's quarterback from 1974-77, he had a spectacular college career as he passed for more than 8,000 yards and 93 touchdowns, leading the Tigers to three Black College National Championships and two SWAC titles. He posted a 35-5 record as a starter and finished fourth in voting for the 1977 Heisman Trophy.

In 2005, Doug and Shack Harris established The Shack Harris & Doug Williams Foundation with the function of providing grants for after-school initiatives, leadership development, mentoring programs and minority higher education assistance for economically disadvantaged youth. In March of 2009, the foundation put on its first annual Washington Football Legends for Charity in Washington, D.C. In 2010, the foundation established the Black College Football Hall of Fame, which will move to its new home in Canton, Ohio in 2018.

After Super Bowl XLII, the NFL honored the 20th anniversary of his Super Bowl XXII victory as Williams was chosen to present the Lombardi Trophy to the New York Giants following their victory over the New England Patriots.

Doug and his wife, Raunda, have eight children: Ashley, Adrian, Carmelela, Doug, Jr., Jasmine, Laura, Lee and Temessia.



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MARTIN MAYHEW

GENERAL MANAGER

34TH NFL SEASON (25 FRONT OFFICE/9 PLAYING) / 7TH WITH WASHINGTON

Martin Mayhew enters his third season as General Manager of the Washington Commanders after being hired by the organization on January 22, 2021.

Mayhew joined Washington with 22 seasons of NFL experience as an executive, including eight seasons as the general manager of the Detroit Lions. He returns to the franchise that he played for from 1989-92 and was a member of the Super Bowl XXVI team.

Mayhew spent the previous four seasons with the San Francisco 49ers, most recently as the club's vice president of player personnel. He held the position of senior personnel executive for the franchise from 2017-18. Mayhew assisted first-time general manager John Lynch and was a major contributor to a personnel department that was vital in the team's Super Bowl appearance in 2019.

Prior to joining San Francisco, Mayhew spent the 2016 season as the director of football operations/special projects with the New York Giants. In his role with the Giants, he worked on all aspects of the salary cap, CBA compliance and player contract negotiations.

Prior to his time in New York, Mayhew spent 15 years (2001-15) in the Detroit Lions organization, including the final seven as the team's general manager. He took over as the general manager following Detroit's winless season and oversaw the building of a roster that resulted in a 10-win season in 2011 and an 11-win season in 2014.

During Mayhew's tenure as Lions general manager, he was responsible for the draft selections of Pro Bowlers QB Matthew Stafford, DE Ezekiel Ansah and DT Ndamukong Suh. Suh was a four-time Pro Bowler and three-time First Team All-Pro selection with Detroit and was the 2010 NFL Defensive Rookie of the Year. Mayhew was also responsible for signing WR Golden Tate and S Glover Quin in free agency, both of whom went on to earn Pro Bowl honors in Detroit.

Mayhew first joined the Lions organization in 2001 as the senior director of football administration/staff counsel and was promoted to senior vice president of football administration/staff counsel in 2003. Mayhew was appointed senior vice president and assistant general manager in 2004. In 2008, Mayhew was promoted to general manager.

Mayhew played nine seasons in the NFL and was originally selected by the Buffalo Bills in the 10th round (262nd overall) in the 1988 NFL Draft. During Mayhew's nine-year career, he appeared in 118 games (107 starts) for Buffalo (1988), Washington (1989-92) and Tampa Bay (1993-96) and notched 473 tackles, 21 interceptions, 1.0 sack and four forced fumbles. He started at cornerback for the Super Bowl XXVI champion Washington Redskins.

Mayhew is a native of Tallahassee, Fla. and graduated from Florida State University with a degree in business management and also holds a law degree from Georgetown University. At Florida State, he lettered in both football and track. Mayhew interned for Washington's personnel department in 1999 while in law school at Georgetown. He also held labor and legal department internships with the NFL League Office before joining the Detroit Lions.



ROB ROGERS

SENIOR VICE PRESIDENT OF FOOTBALL ADMINISTRATION

29TH NFL SEASON / 4TH WITH WASHINGTON

Rob Rogers enters his 29th season in the NFL and third with the Washington Commanders in the role of Senior Vice President of Football Administration. In this role, Rogers works for the football senior leadership team on the development of player budget parameters, roster management, contract proposals, negotiation strategies and salary cap management. Rogers also oversees the club's football analytics department along with being one of the main liaison's between the football and business operations.

Prior to coming to Washington, Rogers held the title of executive director of player finance and football research for the Carolina Panthers. In this role, he worked closely with the Panthers general manager on the development of player budget parameters, roster management, contract proposals, negotiation strategies and salary cap management. He also oversaw the Panthers football analytics department and worked on research and analysis of player contracts and statistics. He directly conducted the majority of

contract negotiations with player representatives during his time in this role.

Before gaining the title of executive director of player finance and football research, Rogers was the director of football administration for 11 years (2008-18). He negotiated contracts for all of the Panthers first round and other draft selections during a 16-year span (2003-19) along with numerous free agents. He also worked with the front office on issues dealing with the NFL Collective Bargaining Agreement and as the club's liaison to the NFL Management Council, he kept the Panthers in compliance with all NFL personnel, contract and labor-related issues.

Starting in 2013, Rogers worked on developing efforts in analytics, football research in personnel, opponent analysis and self-scouting along with sports science and next gen statistics. He developed the in-house salary cap management database and also designed the current pro scouting system in Carolina and in the mid 90s

worked with in-house developers to design and implement the initial opponent analysis and self-scouting system. Rogers worked extensively with Coach Rivera in Carolina on on-going efforts to develop game management analysis and practices.

Rogers is also a member of the NFL Club Services Committee, which is a group made of various front office executives from around the league, tasked with providing guidance and feedback on technology integration initiatives to the development staff of the NFL Management Council. He has served on the committee since 2002.

Rogers joined the Carolina Panthers in 1995 and worked as a quality control assistant along with helping out on the in-house business analytics team. He is a 1993 graduate of Harvard University and holds a degree in government.

Rogers and his wife Clair have two children: daughter Emma and son Brady.



MARTY HURNEY

EXECUTIVE VICE PRESIDENT OF FOOTBALL/PLAYER PERSONNEL

32ND NFL SEASON / 3RD WITH WASHINGTON

Marty Hurney enters his third season as Executive Vice President of Football/Player Personnel of the Washington Commanders after being hired by the organization on January 22, 2021.

Hurney joined Washington with 29 seasons of NFL experience as an executive and rejoined the franchise where he started his NFL career as a member of the team's public relations department.

Hurney was named the Carolina Panthers General Manager in 2002 and held the position until 2012. He was then brought back as the club's interim general manager in 2017 and maintained the official role from 2018-2020. During Hurney's tenure as general manager, the Panthers appeared in the postseason four times, with two NFC South titles, two trips to the NFC Championship game and an appearance in Super Bowl XXXVIII.

Hurney has had a strong number of draft selections in the first round. Most notably, he selected both QB Cam Newton and LB Luke Kuechly in the first round of consecutive drafts in 2011 and 2012. Newton went on to win NFL Rookie of the Year in 2011, NFL MVP in 2015 along with setting nearly every passing and rushing record in franchise history. Kuechly won NFL Rookie of the Year in 2012 and NFL Defensive Player of the Year in 2013 and was a seven-time Pro Bowl selection. Carolina was just the fourth team in NFL history to have consecutive players win rookie of the year honors since the awards inception in 1967.

Hurney's other notable first round selections include DE Julius Pepper (2002), T Jordan Gross (2003), CB Chris Gamble (2004), LB Thomas Davis Sr. (2005), RB DeAngelo Williams (2006), RB Jonathan Stewart (2008), WR DJ Moore (2018) and DE Brian Burns (2019). Peppers was selected to the Pro Bowl nine times, was the NFL Rookie of the Year in 2002 and is the Panthers' all-time leader in sacks. Gross started at tackle for the Panthers for 11 consecutive seasons, made three Pro Bowls and is the Panthers' all-time leader in games started. Gamble started at cornerback for the Panthers for nine seasons and is the all-time franchise leader in interceptions. Davis Sr. was selected to three Pro Bowls along with gaining First Team All-Pro honors in 2015 and is the Panthers all-time leader in tackles. Stewart and Williams went on to compile 7,318 rushing yards and 6,846 rushing yards, which are No. 1 and No. 2 in Panthers' history, respectively. Moore has led Carolina in receiving and posted 1,000-plus receiving yards in consecutive seasons and was selected to the PFWA All-Rookie Team in 2018. Burns ranked No. 4 among rookies in sacks in 2019 and led the Panthers with 9.0 sacks in 2020.

During Hurney's tenure as Panthers GM, he also had considerable success in free agency and through trades. Hurney executed trades for TE Greg Olsen and long snapper J.J. Jansen who were both Pro Bowlers. Olsen holds the franchise record for receiving yards among tight ends and

ranks No. 3 overall in receiving yards in franchise history. He also acquired RB Stephen Davis, QB Jake Delhomme, LB Mark Fields and G Mike Wahle via free agency. All four players were named to Pro Bowls during their time with Carolina. Delhomme ranks second behind only Cam Newton as the franchise's leader in passing yards and passing touchdowns.

Prior to being named general manager of the Panthers in 2002, Hurney held the position of coordinator of player operations from 1999-2001 and director of football administration in 1998. Before joining the Carolina Panthers organization, Hurney held the role of coordinator of football operations with the San Diego Chargers under Pro Football Hall of Fame and Washington Ring of Fame executive Bobby Beathard.

Hurney began his career as a reporter covering Washington in the 1980s. After developing relationships with Owner Jack Kent Cooke, General Manager Bobby Beathard and Head Coach Joe Gibbs, Hurney joined Washington's public relations department in 1988.

Hurney is a native of Wheaton, Md. and attended Catholic University in Washington D.C. Before joining Washington's public relations department, he worked for the Montgomery Journal, Washington Star and Washington Times.





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ERIC STOKES

SENIOR DIRECTOR OF PLAYER PERSONNEL

26TH NFL SEASON (22 FRONT OFFICE/4 PLAYING) / 4TH WITH WASHINGTON

Eric Stokes is entering his fourth season with Washington and his third as Washington's senior director of player personnel after serving as the director of pro personnel in 2021. In this role, he oversees the day-to-day operations of the personnel department.

Stokes joined Washington after spending five seasons with the Carolina Panthers in a variety of roles, including director of college scouting, regional director of college scouting and southwest area scout.

As the director of college scouting for the Panthers, Stokes oversaw a college scouting staff that was tasked with targeting and tracking draft-eligible prospects, as he worked with area scouts. He was responsible for the pre-draft evaluation

process at the NFL Combine, pro days and visits by draft-eligible players.

Prior to joining Carolina, Stokes spent two seasons (2014-15) as the assistant general manager of the Miami Dolphins. In his role, Stokes assisted in all aspects of player evaluation and acquisitions at the professional and collegiate levels, including the daily management and makeup of the Dolphins roster as well as guiding the team's preparation for the annual NFL Draft.

From 2012-13, Stokes was the director of college scouting for the Tampa Bay Buccaneers. Prior to joining the Buccaneers, Stokes spent 12 seasons as a member of the Seattle Seahawks scouting staff, working as an area scout (2000-01, 2005-09) and pro personnel assistant (2002-04) before

serving as assistant director of college scouting from 2010-11. In that role, Stokes was instrumental in bringing in defensive standouts safeties Earl Thomas and Kam Chancellor, linebacker Bobby Wagner and cornerback Richard Sherman.

Stokes played two seasons as a safety for the Seahawks after being selected in the fifth round of the 1997 NFL Draft. He was selected by the Cleveland Browns in the 1999 expansion draft before an injury cut his career short.

Stokes graduated from the University of Nebraska with a degree in sociology. He and his wife, Tisa, have three daughters, Erisa, Payton and Madison.

PLAYER PERSONNEL STAFF

BRENT CAPRIO

PRO SCOUT

CONNOR BARRINGER

PRO SCOUT

DAVID WHITTINGTON

NATIONAL SCOUT

JEFF BEATHARD

NATIONAL SCOUT

PETER PICERELLI

COLLEGE SCOUT

CHUCK COOK

COLLEGE SCOUT

HARRISON RITCHER

COLLEGE SCOUT

RONALD ROSE

COLLEGE SCOUT

PAUL SKANSI

COLLEGE SCOUT

ROGER TERRY

COLLEGE SCOUT

TYLER CLAYTOR

BLESTO SCOUT

ASHLEY COHRS

PLAYER PERSONNEL ASSISTANT

FOOTBALL ANALYTICS



DOUG DREWRY

FOOTBALL ANALYTICS COORDINATOR



PRESTON BIRO

FOOTBALL DATA SCIENTIST



MALCOLM BLACKEN

SENIOR DIRECTOR OF PLAYER DEVELOPMENT

29TH NFL SEASON / 17TH WITH WASHINGTON

Malcolm Blacken is entering his third season as Senior Director of Player Development after serving seven seasons as Director of Player Development for Washington. Blacken was named to the elevated position on January 9, 2020.

Blacken's hiring served to start his third stint with Washington after having previously served as a strength and conditioning coach for Washington on two occasions (1996-2000 and 2010). In his last season in Washington in 2010, Blacken was responsible for assisting with all aspects of the Redskins' strength and conditioning program.

In his current role, Blacken guides the development and education of Washington players as it pertains to both their personal and professional lives. His guidance covers topics including but not limited to: financial education; healthy and unhealthy relationships; total wellness and mental health; league policies on substance abuse, performance enhancing drugs and personal conduct; social responsibility; social media; decision making; stress and time management; team history and tradition; and the expectations of being a player in the National Football League.

In addition, Blacken works hand-in-hand with Washington's Charitable Foundation and was a principal figure in instituting the team's Rookie Community Club, which annually takes the team's

rookies and immediately integrates them into the Washington, D.C. area community through a series of service efforts. He also provides assistance with continuing education and offers guidance for players' academic pursuits.

From 2011-12, Blacken served as Director of Speed, Strength & Conditioning for the University of Colorado. He worked directly with the football program on a day-to-day basis while overseeing the speed, strength and conditioning needs of all 16 of Colorado's varsity programs.

In between his first two stops in Washington, Blacken spent nine years as the Detroit Lions' strength and conditioning coach from 2001-09. Blacken was an assistant strength coach for the University of Virginia's football program in 1995 and worked with all other sports in the Cavaliers' athletic department as well. For three years (1992-94), Blacken served as the head strength and conditioning coach for George Mason University, where he oversaw the program for all of the university's varsity sports.

Blacken began his coaching career at the University of South Carolina in 1990-91 as the football program's assistant strength and conditioning coach.

Blacken graduated from Virginia Tech in 1989 with bachelor's degrees in art and physical education.

He was a Hokies running back from 1984-88 and was a four-time letter winner. While at Virginia Tech, Blacken was a two-time winner of the Super Iron Hokie Award (1987-88), which is given yearly to the football program's strongest player at each position.

Off the field, Blacken is an accomplished artist whose paintings have been displayed across the country. Recently, he participated in the 2016 NFLPA Smocks and Jocks art auction in Houston for Super Bowl LI and the 2019 NFLPA Smocks and Jocks art auction in Atlanta for Super Bowl LIII, with proceeds donated to the retired players fund. More about Blacken's art can be accessed by visiting ArtByMalcolm.com.

Blacken currently resides in Ashburn, Virginia, with his wife, Marcy. The couple has two children, Maya and Bo.



ALEXIS DOTSON
PLAYER DEVELOPMENT ASST.



BRYAN PORTER

DIRECTOR OF FOOTBALL OPERATIONS

21ST NFL SEASON / 3RD WITH WASHINGTON

Bryan Porter is in his 20th season in the NFL and second in Washington as director of football operations after being hired by the team in 2021. In his role, Porter directs the football operations team travel, budget, and supports the day-to-day logistics in the department.

Porter was the football operations manager from 2011-17, where he planned and executed all travel,

including bus and hotel contracts, while also managing training camp operations.

Prior to his promotion to manager, Porter was the Panthers' football operations coordinator from 2006-11 and operations assistant from 2003-06. He worked as a team equipment intern in 2001 and 2002 after starting as an intern with the public relations department in the spring of 2001.

Porter played football at Guilford College from 1996-99. He earned his undergraduate degree from N.C. State in business management in 2001.

Porter and his wife, Nicki, have two children, Davis and Henry.

FOOTBALL OPERATIONS

BARBARA ALLEN

COACHING STAFF ASST.

MATT PETERSON

FOOTBALL OPERATIONS ASST.

SARAH SZABO

FOOTBALL ADMINISTRATION COORDINATOR

FOOTBALL SOLUTIONS

SEENU TULLURI

DIRECTOR OF FOOTBALL SOLUTIONS

GAYANTRI NAMBIAR

FOOTBALL SOLUTIONS DEVELOPER



JOHN DEERE



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TIM GRIBBLE

DIRECTOR OF COLLEGE PERSONNEL

23RD NFL SEASON / 7TH WITH WASHINGTON

Tim Gribble is entering his 22nd season with Washington and his second as the Director of College Personnel. He was promoted to his current role on Jan. 14, 2020.

Gribble oversees the organization's evaluation of collegiate talent and manage scouting efforts at both the area and national levels.

Gribble previously assisted Kyle Smith and Washington's personnel staff by providing evaluations of collegiate talent at the national level.

Prior to his promotion to assistant director of college scouting in 2017, Gribble spent the previous 11 seasons as an area scout for Washington. He originally joined Washington in 2002 and served as a pro personnel assistant, later adding responsibility as the team's Northeast scout in 2003. He also covered the South and Midwest regions at various points during his first 16 years with the organization.

Before coming to Washington, Gribble spent two seasons with the Pittsburgh Steelers as an assistant in the scouting department.

Prior to joining the NFL, he was an assistant coach for his alma mater, Duquesne University. He served as the Dukes' special teams coordinator (1996-2000), defensive line coach (1996-98) and running backs coach (1998-2000).

Gribble was a four-year starter (1992-96) at fullback and team captain at Duquesne. He also played baseball for the Dukes and earned dual degrees in psychology and sociology. He is married to his wife, Jennifer.



CHRIS POLIAN

DIRECTOR OF PRO PERSONNEL

27TH NFL SEASON / 3RD WITH WASHINGTON

Chris Polian enters his third season as Washington's director of pro personnel in 2023. He joined Washington with 24 seasons of NFL experience as an executive and scout, including three seasons as vice president and general manager of the Indianapolis Colts.

Polian was most recently the director of pro personnel with the Jacksonville Jaguars from 2013-2019. He played a major factor in the team's free agency signings in 2017 of DE Calais Campbell, DT Malik Jackson and CB A.J. Bouye who were all Pro Bowl selections during their tenures in Jacksonville. In that offseason, he also helped target S Barry Church who along with Campbell, Jackson and Bouye helped anchor a defense that was ranked No. 2 in the NFL in 2017 and helped Jacksonville capture an AFC South title and appearance in the AFC Championship game.

Prior to his seven seasons with the Jaguars, Polian was an executive scout with the Atlanta Falcons in 2012 and also spent three seasons as vice president and general manager of the Indianapolis Colts from 2009-11. He started his career with Indianapolis in 1998 as the director of pro scouting from 1998-2000. Polian then held the position of assistant director of football operations from 2001-03 and was promoted to assistant general manager/football operations in 2004 and spent five seasons as the vice president of football operations from 2005-09. Prior to joining the Colts, Polian worked with the Carolina Panthers for four years (1994-97) as a personnel assistant.

During Polian's tenure in Indianapolis from 1998-2011, the Colts had a regular season record of 143-81 with playoff appearances in 10 of 14 seasons including seven division titles and a Super Bowl

championship in 2006. The franchise also became the only team to win 12-plus games in seven consecutive seasons during that timeframe.

Polian is a native of New York, N.Y. and earned a bachelor's degree in communications from John Carroll University in 1993. His father, Bill, a 2016 Pro Football Hall of Fame Inductee, a general manager of the Buffalo Bills, Indianapolis Colts and Carolina Panthers.

His brother Brian is the special teams coordinator at Notre Dame and his brother, Dennis, was the associate athletic director, football at the University of Arizona. He and his wife, Debbie, have three children, Jack (18), Caroline (16) and Kate (13).



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GALLERY

PRESEASON



HALL TO THE
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PRESEASON







AL BELLAMY

HEAD ATHLETIC TRAINER

27TH NFL SEASON / 15TH WITH WASHINGTON



Al Bellamy enters his second season and stint in Washington after spending nine seasons as the director of athletic training for Temple University. While working directly with the football team, he also oversaw all 19 of Temple's intercollegiate sports and also managed the sports medicine staff.

Prior to arriving at Temple, Bellamy spent 25 years in the NFL, including 12 seasons with the Detroit Lions and 13 seasons in Washington. With Detroit, Bellamy helped manage the team's athletic training staff and worked closely with the team's physicians.

Bellamy started his NFL career as an assistant trainer in Washington in 1988. He was a member of Washington's medical staff when the team won

Super Bowl XXVI at the end of the 1991 season. Bellamy worked with 21 members of the Pro Football Hall of Fame including: Morten Anderson, Champ Bailey, Bobby Beathard, Fred Dean, Edward DeBartolo, Joe Gibbs, Darrell Green, Russ Grimm, Charles Haley, Michael Irvin, Ronnie Lott, Bobby Mitchell, Art Monk, Joe Montana, Jerry Rice, Charley Sanders, Deion Sanders, Bruce Smith, Charley Taylor, Emmitt Thomas and Bill Walsh.

Prior to joining Washington for his first stint, he served as an assistant athletic trainer with the University of Miami (FL) football team from 1986-88. He was a member of the 1987 National Championship medical team.

Bellamy earned his master's degree in health education in 1987 from Syracuse University. As an undergrad, he attended Michigan State and received his bachelor's degree in health education in 1984. While at MSU, he began working in the NFL when he served training camp internships with both the St. Louis Cardinals and San Francisco 49ers.

Prior to attending Michigan State, Bellamy attended Archbishop John Carroll High School in Washington, D.C.

Bellamy and his wife, Sharon, have two children -- son Chase, and daughter Ashley.



BRETT NENABER
DIR. PLAYER PERFORMANCE



MARK MCCracken
ASST. HEAD ATHLETIC TRAINER



MASAHIRO TAKAHAGI
ASST. ATHLETIC TRAINER



LINDSAY GATELY
ASST. ATHLETIC TRAINER/
PHYSICAL THERAPIST



DOUG QUON
ASST. ATHLETIC TRAINER



DR. BARBARA ROBERTS
DIR. WELLNESS &
CLINICAL SERVICES



JEFF RUIZ
DIR. OF REHABILITATION
& PHYSICAL THERAPIST

TONY CASOLARO, MD

CHIEF MEDICAL OFFICER
INTERNAL MEDICINE

CHRIS ANNUNZIATA, MD

HEAD TEAM PHYSICIAN AND
ORTHOPEDICS

ANDREW PARKER, MD

TEAM PHYSICIAN AND
ORTHOPEDICS

SID CHANDELA, MD

TEAM NEUROLOGIST
CONSULTANT

JOHN BERNARD, MD

TEAM PHYSICIAN AND
ORTHOPEDIST

JESSALYNN ADAM, MD

TEAM PHYSICIAN
PRIMARY SPORT CARE MEDICINE

MICHAEL ANTONIS, MD

TEAM PHYSICIAN
PRIMARY SPORT CARE MEDICINE

KEITH SMITHSON, DO

TEAM OPTOMETRIST

KEITH SMITHSON, DO

TEAM OPTOMETRIST

HIRAD BAGY, DC

TEAM CHIROPRACTOR

CHAD KASPEROWSKI, DMD

TEAM DENTIST

A promotional image for FOX 5's DMV Zone. On the left, Marina Marrago, a woman with long dark hair, is smiling and wearing a dark blue V-neck top. On the right, Joe Clair, a man with a beard and a black hat, is smiling and wearing a dark jacket over a plaid shirt. They are standing in a news studio with multiple monitors in the background, some displaying the 'DMV ZONE' logo. The text 'Stay Ahead with FOX5' is overlaid in large white letters across the middle of the image.

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JOE CLAIR

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MIKE BRACKEN

VIDEO DIRECTOR

25TH NFL SEASON / 25TH WITH WASHINGTON



Mike Bracken is entering his 25th season with Washington and his 21st as the head of the video department in 2023. His responsibilities include overseeing the daily operations, including assisting the coaching and scouting staffs with game tape and player highlights. Bracken conducts the editing of video from all practices and games, produces “cut-ups” of upcoming opponents, and creates highlight tapes for use in meetings

throughout the season. He is also in charge of purchasing and maintaining video and digital equipment.

Bracken joined Washington after serving as video coordinator for the University of South Carolina men’s basketball team for the 1999-2000 season and the University of Southern California men’s basketball and football teams in 1998. He originally entered the National Football League as a video

intern with the Philadelphia Eagles (1997-98).

Bracken graduated from Lycoming College where he played defensive back and helped his team to two conference titles.

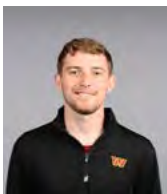
A native of Clifton Heights, Pennsylvania, Bracken and his wife, Dawn Marie, have three children: daughter, Erin Marie, and sons, Tripp and Aidan. The family resides in Leesburg, Virginia.



MIKE ADAMS
ASST. VIDEO DIRECTOR



WILL KROM
VIDEO ASST.



AARON CLEM
VIDEO ASST.

EQUIPMENT STAFF



DREW CURLS
CO-EQUIPMENT MANAGER



JUSTIN BROOKS
CO-EQUIPMENT MANAGER



JERELLE LEVERITTE
EQUIPMENT ASST.



NATHANIEL KU
EQUIPMENT ASST.



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2022 OFFENSIVE STATS

PASSING

NAME	COMP	ATT	COMP%	YARDS	TD
Taylor Heinicke QB	161	259	62.2	1,859	12
Carson Wentz QB	172	276	62.3	1,755	11
Sam Howell QB	11	19	57.9	169	1

RUSHING

NAME	ATT	YARDS	AVG	LONG	TD
Brian Robinson Jr. RB	205	797	3.9	24	2
Antonio Gibson RB	149	546	3.7	20	3
Curtis Samuel WR	38	187	4.9	21	1
Jonathan Williams RB	37	152	4.1	23	0
Taylor Heinicke QB	28	96	3.4	15	1
J.D. McKissic RB	22	95	4.3	33	0
Carson Wentz QB	22	86	3.9	18	1
Jaret Patterson RB	17	78	4.6	14	0
Sam Howell QB	5	35	7	10	1
Terry McLaurin WR	7	29	4.1	12	0
Armani Rogers TE	2	26	13	24	0
Dyami Brown WR	1	15	15	15	0
Reggie Bonnafon RB	3	8	2.7	5	0
Jahan Dotson WR	2	-7	-3.5	3	0

RECEIVING

NAME	REC	YARDS	AVG	LONG	TD
Terry McLaurin WR	77	1,191	15.5	52	5
Curtis Samuel WR	64	656	10.3	49	4
Jahan Dotson WR	35	523	14.9	61	7
Antonio Gibson RB	46	353	7.7	26	2
Logan Thomas TE	39	323	8.3	27	1
J.D. McKissic RB	27	173	6.4	14	0
Dyami Brown WR	5	143	28.6	75	2
John Bates TE	14	108	7.7	20	1
Cam Sims WR	8	89	11.1	21	0
Armani Rogers TE	5	64	12.8	23	0
Brian Robinson Jr. RB	9	60	6.7	18	1
Jonathan Williams RB	7	40	5.7	21	0
Dax Milne WR	6	37	6.2	12	1
Cole Turner TE	2	23	11.5	18	0

PUNTING

NAME	PNT	AVG	IN20	LONG
Tress Way	83	46.8	37	68

KICKING

NAME	FGM	FGA	LONG	FG%
Joey Slye	25	30	58	83.3%

2022 DEFENSIVE STATS

DEFENSE								
NAME	SOLO	AST	TOT	SACK	FF	FR	INT	TD
Jamin Davis	16	68	36	104	3	0	2	0
Darrick Forrest	17	56	32	88	0	2	1	0
Kamren Curl	12	58	25	83	1	0	0	0
Bobby McCain	17	54	22	76	0	1	0	0
Cole Holcomb	7	37	32	69	0	0	0	0
Jonathan Allen	16	44	21	65	7.5	2	0	0
Daron Payne	17	32	32	64	11.5	0	1	0
Kendall Fuller	17	36	16	52	0	0	0	2
Montez Sweat	17	27	19	46	8	0	0	0
Benjamin St-Juste	12	34	8	42	2	1	0	0
David Mayo	13	14	21	35	1	0	0	0
Jeremy Reaves	17	20	13	33	0	0	0	0
Danny Johnson	11	20	9	29	1	0	0	0
Casey Toohill	16	13	12	25	1	0	2	0
Jon Bostic	15	11	14	25	0	0	0	0
John Ridgeway	15	9	15	24	0	1	0	0
Efe Obada	17	14	10	24	4	0	0	0
James Smith-Williams	14	12	11	23	3	0	0	0
Rachad Wildgoose	15	12	4	16	0	0	0	0
William Jackson III	4	15	1	16	0	0	0	0
Christian Holmes	17	8	4	12	0	0	2	0
Khaleke Hudson	13	4	7	11	0	0	0	0
Percy Butler	15	9	2	11	0	0	1	0
Shaka Toney	16	4	4	8	0	0	0	0
Chase Young	3	3	2	5	0	0	0	0
Milo Eifler	10	2	2	4	0	0	0	0
Jonathan Williams	13	3	1	4	0	0	0	0
Benning Potoa'e	2	2	2	4	0	0	0	0
Cam Sims	17	2	1	3	0	0	0	0
Terry McLaurin	17	3	0	3	0	0	0	0
Armani Rogers	11	1	2	3	0	0	0	0
Jahan Dotson	12	2	0	2	0	0	0	0
David Bada	2	0	2	2	0	0	0	0
Dyami Brown	15	1	1	2	0	0	0	0
Curtis Samuel	17	2	0	2	0	0	0	0
Will Bradley-King	1	1	1	2	0	0	0	0
Joey Slye	17	0	2	2	0	0	0	0
Brian Robinson Jr.	12	1	0	1	0	0	0	0
Daniel Wise	11	0	1	1	0	0	0	0
J.D. McKissic	8	1	0	1	0	0	0	0
Cole Turner	10	0	1	1	0	0	0	0
Logan Thomas	14	1	0	1	0	0	0	0
Carson Wentz	8	1	0	1	0	0	0	0
Cornelius Lucas	16	0	1	1	0	0	0	0
Donovan Jeter	1	1	0	1	0	0	0	0



53 MAN ROSTER

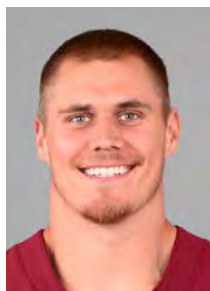
*AS OF 9/5



JONATHAN ALLEN
93 | DEFENSIVE TACKLE



ABDULLAH ANDERSON
92 | DEFENSIVE TACKLE



CODY BARTON
57 | LINEBACKER



JOHN BATES
87 | TIGHT END



JACOBY BRISSETT
12 | QUARTERBACK



DYAMI BROWN
2 | WIDE RECEIVER



PERCY BUTLER
35 | SAFETY



SAAHDIQ CHARLES
77 | GUARD/TACKLE



CAMARON CHEESEMAN
54 | LONGSNAPPER



SAM COSMI
76 | TACKLE



KAMREN CURL
31 | SAFETY



JAMIN DAVIS
52 | LINEBACKER



JAHAN DOTSON
1 | WIDE RECEIVER



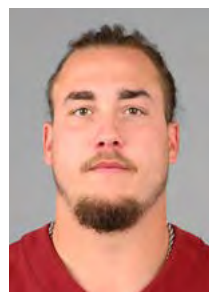
EMMANUEL FORBES JR.
13 | CORNERBACK



DARRICK FORREST
22 | SAFETY



KENDALL FULLER
29 | CORNERBACK



NICK GATES
63 | CENTER



ANTONIO GIBSON
24 | RUNNING BACK



KJ HENRY
55 | DEFENSIVE END



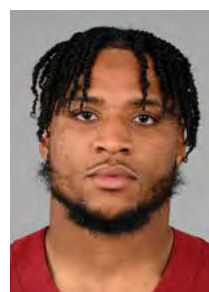
CURTIS HODGES
80 | TIGHT END



CHRISTIAN HOLMES
34 | CORNERBACK



SAM HOWELL
14 | QUARTERBACK



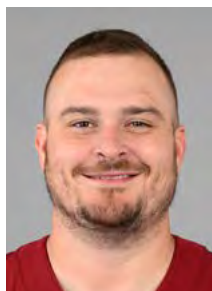
KHALEKE HUDSON
47 | LINEBACKER



DANNY JOHNSON
36 | CORNERBACK



ANDRE JONES JR.
48 | DEFENSIVE END



TYLER LARSEN
69 | CENTER



CHARLES LENO JR.
72 | TACKLE



CORNELIUS LUCAS
78 | TACKLE



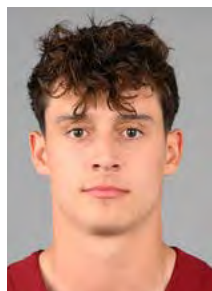
JARTAVIUS MARTIN
20 | DEFENSIVE BACK



DAVID MAYO
51 | LINEBACKER



TERRY McLAURIN
17 | WIDE RECEIVER



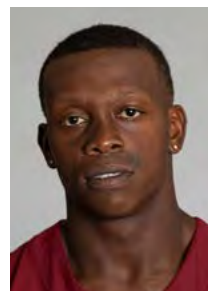
DAX MILNE
15 | WIDE RECEIVER



CHRIS PAUL
75 | GUARD



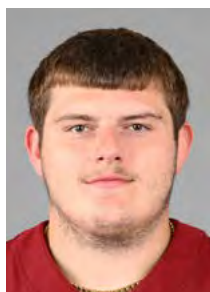
DARON PAYNE
94 | DEFENSIVE TACKLE



BYRON PRINGLE
3 | WIDE RECEIVER



JEREMY REAVES
39 | SAFETY



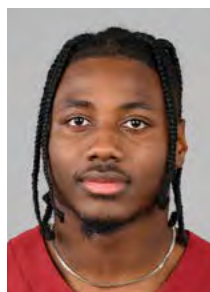
JOHN RIDGEWAY III
91 | DEFENSIVE TACKLE



BRIAN ROBINSON JR.
8 | RUNNING BACK



CHRIS RODRIGUEZ JR.
23 | RUNNING BACK



CURTIS SAMUEL
4 | WIDE RECEIVER



TRENT SCOTT
73 | TACKLE



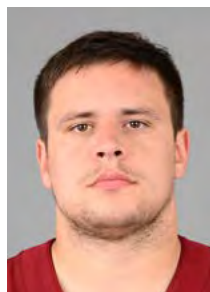
JOEY SLYE
6 | KICKER



JAMES SMITH-WILLIAMS
96 | DEFENSIVE END



BENJAMIN ST-JUSTE
25 | CORNERBACK



RICKY STROMBERG
53 | CENTER



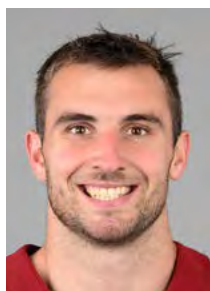
MONTEZ SWEAT
90 | DEFENSIVE END



LOGAN THOMAS
82 | TIGHT END



MITCHELL TINSLEY
86 | WIDE RECEIVER



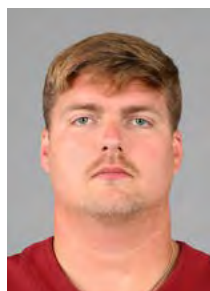
CASEY TOOILL
95 | DEFENSIVE END



COLE TURNER
85 | TIGHT END



TRESS WAY
5 | PUNTER



ANDREW WYLIE
71 | GUARD/TACKLE



CHASE YOUNG
99 | DEFENSIVE END

OFFENSIVE DEPTHCHART



WR

TERRY McLAURIN
DYAMI BROWN

LT

CHARLES LENO JR.
CORNELIUS LUCAS
BRAEDEN DANIELS

LG

SAAHDIO CHARLES
CHRIS PAUL

C

NICK GATES
RICKY STROMBERG

RG

SAM COSMI

RT

ANDREW WYLIE
TRENT SCOTT

TE

LOGAN THOMAS
JOHN BATES
COLE TURNER
CURTIS HODGES

WR

CURTIS SAMUEL
DAX MILNE

WR

JAHAN DOTSON
BYRON PRINGLE

QB

SAM HOWELL
JACOBY BRISSETT

RB

BRIAN ROBINSON JR.
ANTONIO GIBSON
JONATHAN WILLIAMS
CHRIS RODRIGUEZ JR.

DEFENSIVE DEPTHCHART

DE

MONTEZ SWEAT
CASEY TOOHILL
ANDRE JONES JR.

DT

DARON PAYNE
JOHN RIDGEWAY III

DT

JONATHAN ALLEN
ABDULLAH ANDERSON

DE

CHASE YOUNG
JAMES SMITH-WILLIAMS
KJ HENRY

OLB

JAMIN DAVIS
KHALEKE HUDSON

MLB

CODY BARTON
DAVID MAYO

CB

KENDALL FULLER
JARTAVIUS MARTIN

CB

BENJAMIN ST-JUSTE

CB

EMMANUEL FORBES JR.
DANNY JOHNSON
CHRISTIAN HOLMES

SS

KAMREN CURL
JEREMY REAVES

FS

DARRICK FORREST
PERCY BUTLER

SPECIAL TEAMS DEPTHCHART

P

TRESS WAY

K

JOEY SLYE

H

TRESS WAY

LS

CAMARON CHEESEMAN

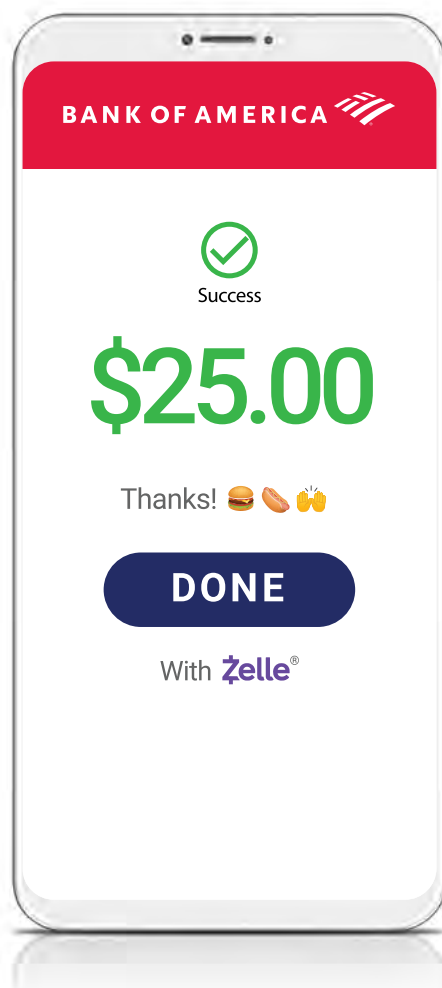
PR

DAX MILNE
JAHAN DOTSON

KR

ANTONIO GIBSON
BYRON PRINGLE
DAX MILNE

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PLAYERS TO WATCH



ZACH PASCAL
0 | WIDE RECEIVER



MARQUISE BROWN
2 | WIDE RECEIVER



BUDDA BAKER
3 | SAFETY



RONDALE MOORE
4 | WIDE RECEIVER



JAMES CONNER
6 | RUNNING BACK



KYZIR WHITE
7 | LINEBACKER



MARCO WILSON
20 | CORNERBACK



ZAVEN COLLINS
25 | LINEBACKER



ANTONIO HAMILTON SR.
33 | CORNERBACK



JALEN THOMPSON
34 | SAFETY



DENNIS GARDECK
45 | LINEBACKER



KRYS BARNES
56 | LINEBACKER



ELIJAH WILKINSON
65 | GUARD



PARIS JOHNSON JR.
70 | TACKLE



HJALTE FROHOLDT
72 | CENTER



DJ HUMPHRIES
74 | TACKLE



WILL HERNANDEZ
76 | GUARD



ZACH ERTZ
86 | TIGHT END



L.J. COLLIER
91 | DEFENSIVE END



JONATHAN LEDBETTER
93 | DEFENSIVE END



LEKI FOTU
95 | NOSE TACKLE



OFFENSIVE DEPTHCHART



WR

MARQUISE BROWN
DANIEL ARIAS

LT

D.J. HUMPHRIES

LG

ELIJAH WILKINSON
DENNIS DALEY

C

HJALTE FROHOLDT
JON GAINES II
PAT ELFLEIN

RG

WILL HERNANDEZ
MARQUIS HAYES

RT

PARIS JOHNSON JR.
KELVIN BEACHUM

TE

ZACH ERTZ
TREY McBRIDE
GEOFF SWAIM
BLAKE WHITEHEART

WR

RONDALE MOORE
GREG DORTCH

WR

ZACH PASCAL
MICHAEL WILSON

QB

CLAYTON TUNE OR
JOSH DOBBS

RB

JAMES CONNER
KEAONTAY INGRAM
EMARI DEMERCADO

DEFENSIVE DEPTHCHART

DE

L.J. COLLIER
DANTE STILLS

NT

LEKI FOTU
KEVIN STRONG

DE

JONATHAN LEDBETTER
CARLOS WATKINS
BEN STILLE

OLB

DENNIS GARDECK
VICTOR DIMUKEJE
MYJAI SANDERS

ILB

KYZIR WHITE
JOSH WOODS

ILB

KRYS BARNES
EZEKIEL TURNER
OWEN PAPPOE

OLB

ZAVEN COLLINS
CAMERON THOMAS
BJ OJULARI
JESSE LUKETA

CB

ANTONIO HAMILTON SR.
CHRISTIAN MATTHEW
GARRETT WILLIAMS

CB

MARCO WILSON
KEI'TREL CLARK
KRIS BOYD

S

JALEN THOMPSON
JOVANTE MOFFATT

S

BUDDA BAKER

SPECIAL TEAMS DEPTHCHART

P

NOLAN COONEY

K

MATT PRATER

H

NOLAN COONEY

LS

MATT HEMBROUGH

PR

GREG DORTCH

KR

GREG DORTCH



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THE BALL HAWK

BY ZACH SELBY

The term “ball hawk” is thrown around a lot these days.

That was the sentiment general manager Martin Mayhew began his and head coach Ron Rivera’s joint press conference with on the first night of the 2023 NFL Draft. There are certainly some players who deserve the title, and almost any NFL fan could probably come up with a list of defensive backs who they think fit the description because of a pass breakup, an interception or even a pick-six.

For the Commanders, however, the search for a ball hawk -- someone who can help turn an already above average defense into the gold standard of the league -- was about more than finding a player who occasionally creates a game-changing moment. For them, it was about taking a player who could consistently be relied upon to change the tides for his unit and have a reverberating effect on the entire time.

The Commanders think they have one in Emmanuel Forbes Jr.

“The guy is an impact player,” Mayhew said. “He’s one of my favorite guys in this draft. From studying all these guys, he really was a guy that it was really fun to watch, because the guy gets the ball.”

Most Commanders fans are familiar with Forbes’ reputation for being one of the best cornerbacks in all of college football. The highlights include 14 career interceptions, six of which were returned for touchdowns -- an FBS record; an 89.6 cover grade among cornerbacks last year, which was the best among all SEC cornerbacks; 150 career tackles; and 20 career pass breakups.

Say what you want about Forbes reporting to the combine at 166 pounds. He still put up some of the best numbers for his position, and he did so in college football’s best conference.

“I’m not going to stress about it,” Forbes said after he was drafted. “They [Washington] didn’t have a problem with it.”

Like every other NFL player, Forbes went on a journey to get to this point. What started out as an opportunity to bond with his brothers turned into a passion, and from there, he turned into one of the best high school athletes in Mississippi

and eventually one of the best student athletes in Mississippi State’s illustrious history.

Now, Forbes is getting ready to take the first step in what he hopes will be a long NFL career. Who knows how it will turn out, but if his past is any indication, he is set up to have a bright future.

“I’m going to bring a guy that’s going to have a great attitude, come in and work every day, just helping the team win games and hopefully my game is turning the ball over and create a lot of turnovers for the Washington Commanders.”

PART 1: TOUGH LOVE AND COMPETITION

Forbes grew up as one of 10 siblings, and as the youngest boy, he had an important role for his brothers and sisters: the guinea pig.

“It’s either gonna make you or break you, and I did not let it break me,” Forbes said initially, but after a second to think it over, he added, “It broke me a couple of times when I was younger.”

There were a few times when that could be taken literally. One of the most memorable moments was when Forbes was throwing a softball with one of his brothers when he was about seven or eight years old. His brother decided to hurl the ball a little harder than normal on one throw. “I guess he wanted to be CC Sabathia or somebody,” Forbes said, and accidentally knocked Forbes’ front teeth out.

“They were really tough on him,” Forbes’ mother, Venita Rounds, said with a laugh. “They wouldn’t let him get out there and be the crybaby.”

There was plenty of tough love and competition in Forbes’ childhood home, and while not every moment with his brothers involved loss of teeth or broken bones, they weren’t afraid to put him in difficult situations to see how he would handle them. Forbes looks back on them fondly, though, because they helped shape him into the person he is today.

“They love each other to death,” Rounds said.

Like the rest of his family, Forbes started playing

sports early. He was playing baseball, his first love when it came to sports, at the parks and recreation center not far from his home when he was three years old. That led to football sometime later, and of course his brothers were out at practice for his first day in pads. And, as if going through an Oklahoma drill wasn’t enough of a “trial by fire,” Forbes’ brother found the biggest player on the team for him to go against.

It didn’t end well for him.

“You think I’m little now, imagine when I was younger,” Forbes joked. “He just absolutely cleaned me. And I’m telling you my brother made me get up and do it again.”

Moments like that weren’t exactly fun, but they did help Forbes learn a valuable lesson: toughness. His brothers wanted him to understand that he shouldn’t back down from anyone, no matter how much bigger and stronger they were than him.

“Just don’t get bullied out there,” Forbes said. “That’s something they didn’t play at was getting bullied. That’s something people try to do on the field. I’m always going to be the aggressor and try to be more physical.”

Forbes had to learn that lesson quickly, because his brothers weren’t going to let up on him. They would often play football together in the yard, and he was expected to keep up, despite being much younger than them.

“They were being very challenging with him to make him tougher and stronger, not to be the one that get hit and cry to their mama or something like that,” Rounds said. “They toughened him up a lot.”

It wasn’t always like that. As tough as they were on each other, Forbes and his brothers were just as intense when it came to supporting each other.

“When me and his father were together, it was like a big family reunion,” Rounds said. “Every Friday, Saturday and Sunday, whatever they were doing on the weekend, we all made time to fish fry on Friday, barbecue on Saturday and just do fun stuff.”

Forbes’ family had a routine in the fall. They would all head out to the junior high school



for football games on Thursday night, then do the same thing for high school on Fridays. On Saturday, Forbes' family would head out to Holmes Community College for one of his brothers' games, and those trips became some of Forbes' most cherished memories.

"It was just really exciting to him," Rounds said. "I guess that just really motivated him more in wanting to do it."

Not that Forbes needed any extra determination. He saw all the players from his hometown who went on to play in college and even the NFL, and he knew he was going to be just like them one day.

Let's go over that last part again. He didn't just think he was going to be in the NFL; lots of kids have that dream. He knew it was going to happen, and he believed it with a blind passion.

"He used to tell me, 'Mama, I'm going to the NFL,'" Rounds said. "I didn't brush it off or anything. I told him, 'That's right. You get out there, do your best, and you'll go to the NFL.' This is at a young age that he spoke it into existence."

PART 2: "HE'S GOING TO SCORE"

As the longtime head coach of Grenada High School, Ashley Kuhn liked to keep an eye on his future players by staying in touch with the local junior high program.

Kuhn, who ran the high school football program for 12 seasons, did his best to see the potential talent he would soon have to work with in person. He would attend practice every now and then and occasionally catch some games, but most of his intel came from the coaches who would tell him to pay a little more attention to a group of players who could be special.

One of them was a skinny seventh grader named Emmanuel Forbes, and Kuhn could see the appeal.

"You have kids at that age that are better than other kids," Kuhn said. "And you could tell that about him at that age that he was just a little bit more athletic."

Kuhn coached his share of talented players prior to his retirement last December, even a handful who made it all the way to the NFL. As he watched Forbes grow from an undersized middle schooler to one of the best prospects in Mississippi, he realized that Forbes is one of the few players who has a skill that's almost unteachable.

Forbes simply knew how to get the ball in his hands, and when that happened, it unlocked another dimension of his ability.

"His ball skills are elite, and the ball finds him," Kuhn said. "Interceptions, returning a kick, returning a punt, blocking an extra point, a field goal, it's just amazing how his ball skills translate."

Here's some information about Grenada High

School before we go any further. The Chargers play in the 6A classification, which is the highest, most talented level of high school sports in Mississippi. They were a relatively solid program with Kuhn at the helm with division championships in 2015 and 2020, and during Forbes' four seasons playing for him, three of them ended in the postseason.

So, it should be even more impressive that it didn't take long for Forbes to stand out among the best high school players that Mississippi had to offer. He was inserted into the starting lineup as a sophomore against Christian Brothers, one of the better private schools in Tennessee that went on to have an undefeated regular season that year.

Grenada ended up losing, 17-7, but Forbes looked impressive in debut.

"He was the best player on the field," Kuhn said.

Kuhn and the Chargers used Forbes in just about every way they could, giving him snaps at receiver, cornerback and as their return specialist. Most of his time, however, was spent on defense, and his highlights were similar to what he eventually ended up putting on display at Mississippi State. He wasn't afraid to be physical with ball carriers, regardless of how much bigger they were than him.

But where Forbes shined the most was in coverage. A good chunk of his Hudl highlights are focused on his interceptions, and almost all of them show his knack for tracking the ball in midair and jumping routes. One of the best examples came in the 2019 season opener against Neshoba Central, when Forbes backpedaled three steps before recognizing the route, sprinting to the ball and snatching the pass before the receiver could even get his hands on it. Forbes returned the pick 41 yards for the touchdown.

There are countless other examples of Forbes being a nightmare for opposing quarterbacks. In that same game against Neshoba, Forbes grabbed an overthrown pass between two receivers and scored another pick six. On another play during his junior year, he intercepted a misplaced pass and returned it 78 yards for the score. In 2018, this time against Lewisburg High School, he made up ground after a receiver had gained a step on him and grabbed a pass at the opponent's 42-yard line.

At times, Kuhn said, it's almost as if Forbes knew the plays were coming his way.

"It's not like he's guessing. It's like he almost... reads it [the play] at an ability that most people can't."

Those skills came in handy at other positions on the field, too. He was one of Grenada's top targets as a receiver with 499 yards and seven touchdowns as a senior, and he used his speed to defensive backs trailing in his wake. He caught a sideline pass against Neshoba Central, and after managing to keep himself upright, he sprinted into the end zone for a 62-yard touchdown.

Forbes almost replicated that feat against West Point a couple months later by managing to haul in a pass over the cornerback covering him. He didn't score, but he did set up the Chargers inside the 5-yard line. Nobody's perfect.

Still, Kuhn learned to expect that Forbes would somehow wind up in the end zone almost every time he touched the ball.

"He's going to score," Kuhn said. "And he thinks he can. I've never seen him catch a pick -- and I could be wrong -- and run out of bounds. The dude's trying to find the end zone."

The best part about Forbes was that he always managed to make plays whenever Grenada needed them. In addition to his multiple offensive and defensive scores, Forbes also had a few special teams scores as a junior, weaving through players on a 59-yard punt return for a touchdown and picking up a blocked field goal kick (which he caused) and running it back 70 yards for the score.

"There's gotta be something said for dudes that change games and you can't explain how they do it," Kuhn said.

Kuhn is going to get a good look at how Forbes' career is going to unfold. He's been a Washington fan for most of his life, and seeing his former player's name get drafted by his favorite team was a surreal experience.

Kuhn has no idea what's in store for Forbes' NFL career. He wonders how Forbes' size is going to translate to the professional game, which is a question most people have, and he doesn't know how much Forbes will play as a rookie.

With that said, nothing would surprise him.

"There's nothing he would do where I would say, 'I didn't see that coming,'" Kuhn said. "I would not be shocked, because at this point, I just quit thinking that way."

PART 3: "THE KID IS SPECIAL"

It's funny how some issues consistently come up. Forbes has been given plenty of reminders about that throughout his career.

Clearly, Mississippi State was interested in having Forbes, a four-star, three-sport high school athlete, join the program. Their coaches visited him about four times each week because of what he could offer to the roster. He had speed, versatility, intelligence and a sense of conviction that matched his high levels of confidence.

There was, however, a question about his size. According to his high school recruiting page, Forbes was 165 pounds during his senior year, although Mississippi State cornerbacks coach Darcel McBath attests that he was "a buck 50." Playing at that size in high school isn't much of a problem, but doing so in the SEC, considered by most to be just a step down from the NFL, was another matter.

So, Mississippi State faced a decision: either they could move on to other prospects that had a more typical build and miss out on the chance to have a dynamic skill set on their roster, or they could take a chance on Forbes. The Bulldogs chose the latter, and not long after that Forbes committed to play for them over other interested SEC schools Tennessee and Ole Miss.

For the next three seasons, Forbes proved time and time again that his size was not going to limit his ability to wreck games.

"He truly worked as hard as anybody on the team, if not harder," McBath said. "He took pride in his craft, and he wanted to be great."

McBath still had some reservations about Forbes' size, particularly at the start of his college career. Forbes looked great during fall camp, and McBath was eager to get him in a game to see what he could do. The problem, McBath said, was that Forbes was about 150 pounds.

"I was scared to death," McBath said with a laugh.

McBath decided to give Forbes a few snaps in the

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season opener against LSU, but then starter Martin Emerson suffered an injury that knocked him out of the game, leaving McBath no choice but to test Forbes against last year's national champion.

McBath was pleased to see that Forbes was holding his own. He was physical, executing every task that McBath gave him and willing to tackle. He even grabbed his first interception, helping the Bulldogs come away with a 44-34 win.

McBath had one thought after the game: "There's something about this kid."

"You see it in practice, but until you see it in a game, you just don't quite understand," McBath said. "He never backed down from there. He kept all the doubt we had about his weight or how big he was and kept showing us that it didn't matter."

The secret to how Forbes overcame his size is what McBath called "above the neck football." Forbes knew he was going to be tested against bigger, more physical receivers, so he studied to figure out the best way to attack opposing wideout and determine how they intended to attack him.

It helped that Forbes didn't need to be told something twice. He only needed to see a concept once to dissect it and figure out the best way to counter it.

"I don't think people understand how hard that is to take something we've talked about in the meeting room, and then you get out there in a game and it just shows up and you see it and you make a play," McBath said. "He's one of the few I've ever been around that can do that."

That still didn't stop offenses from testing him. It became a common occurrence for teams to run the ball in his direction. Last year's game against Kentucky was one of the more recent examples. The Wildcats lined up in an unbalanced formation five times to take advantage of what they thought was a mismatch. Other times, offenses attacked Forbes through the screen game by putting him against a bigger target.

And yet Forbes always found a way around it. Those five running plays that Kentucky ran against him? He stopped it every time. On screen plays, he managed to slip underneath blocks to make a tackle for a loss. Eventually, each team learned that going for Forbes was not as easy as they thought.

"He counteracts it with his quickness and his smarts and how he plays the game," McBath said. "So, he's always a step ahead. They haven't gotten him yet."

He also knew how to bring players down.

"It's kind of mind boggling," McBath said. "He just understands the angle and how to...attack people. He's tough. He's never going to back down from anything."

That preparation was perhaps most helpful in the passing game. Of all Forbes' pick sixes, the one he made against Kentucky last year is the one that people are the most impressed with. It was one of the many reasons why Mayhew was so enamored with adding him to the roster.

The play was one that Kentucky ran almost exclusively near the goal line or as a two-point play. McBath showed it to Forbes one time before the game as an extra precaution.

Forbes recognized the play because of the motion. McBath thought he would stop the play for a loss, but he didn't anticipate Forbes jumping the route and running it all the way back for a touchdown.

McBath couldn't say a word as he watched Forbes head for the end zone.

"The confidence you gotta have to do that is not something everyone possesses," McBath said. "It's just another stamp on what he is who he is."

As a coach, McBath is looking forward to seeing growth from Forbes as he goes through his rookie season with the Commanders. The way he sees it, Forbes still has plenty of that ahead of him. But if he is who he has been up to this point in his career, he has an exciting future ahead of him.

"[Washington is] gonna be very, very happy with him, because he attracts the ball," McBath said. "He has natural instincts, plays football above the neck, and he's always a step ahead. That leads to turnovers, and turnovers lead to W's. I'm telling you, the kid is special."

PART 4: "HE'S THE TOTAL PACKAGE"

Most college players lucky enough to have their name called during the NFL draft are in a state of euphoria, and Forbes was no exception when he got the call from Rivera, who informed Forbes the Commanders intended to use the 16th overall pick on him.

But things were a little different for Forbes as he listened to Rivera explain how excited the Commanders were to have him. Forbes answered most questions with a simple "Yes, sire," and there was a look of intense focus on his face.

When Rivera asked if he was ready to play some football, Forbes answered, "I'm ready right now."

That's been the attitude Forbes has had all summer, and for the most part, he has played up to that standard for himself. From competing against rookies to matching up against the Commanders' best receivers, Forbes has played at a level consistent with what the team expected him to be. Now, as the Commanders quickly approach training camp, he is primed to be a difference maker.

"It's what we were hoping for," Rivera said. "I mean, we're looking for a guy that can impact the ball when it's being thrown, when it's in the air, and that's who he was in college and that's what he's showing us so far."

Every rookie goes through some growing pains, or at least most of them do, in their first NFL season. The game is significantly faster than the college level, the season is longer and there's a new -- and complex -- playbook to study.

If Forbes is going through a learning curve, it isn't showing much. He grabbed his first interception of the offseason during rookie minicamp, and once the veterans joined practice, he was thrown into the starting rotation.

"It's been a lot of work. Good work," Forbes said. "It's been a fast tempo. You're going against the vets, so they know what they're doing and how to do it and been pros for a while. It's just good competition."

But Forbes often played like a veteran during OTAs and minicamp. Forbes matched up against the Commanders' best receivers this offseason, including Terry McLaurin, Jahan Dotson and Curtis Samuel. There were some moments where the wideouts got the better of Forbes, but for the most part, Forbes held his own and even managed to record some pass breakups during team drills.

That has to excite Del Rio, who was "fired up" about adding Forbes to the secondary.

"I think he's a tremendous football player," Del Rio said. "He's fast. He's got great ball skills. He's very bright and he played against some of the best competition that you can be in the SEC and held up week in and week."

There were some moments when Forbes lined up in the slot, particularly at the beginning of offseason practices, because the coaches thought it would give him good experience and allow him to learn the defense at a quicker pace. For the most part, though, Forbes has lined up on the outside.

Regardless of where he was on the field, though, Forbes used the traits that convinced Washington to draft him, like his length, quickness and speed, to shut down receivers. It didn't take long to earn his new teammates' respect.

"Honestly, I watched the tape and I was like, 'I think he's good, but I don't know,'" Dotson said. "After seeing him on the field, I know how good he is now. I understand why he was drafted in the first round. I understand what all the hype is about."

He also impressed his fellow cornerbacks. When asked about his initial thoughts of Forbes, veteran Kendall Fuller said the first-round pick is a "playmaker."

"He's a confident guy, twitchy, athletic," Fuller said. "Young with fresh legs, going out there trying to compete and get his hand on the ball. No matter what team you're on in the National Football League, it's all about getting your hands on the ball."

With that in mind, Forbes' six interceptions returned for touchdowns stood out to Fuller.

"As a DB, you want to touch the football, and you want to get into the end zone," Fuller said. "For him to do that at a high level, that's why he's a first-round pick. I know he's working hard to do the same thing on this stage."

There's still a lot for Forbes to prove before he gets to Week 1. Making plays during OTAs is impressive, but doing so during camp, when contact is allowed, will be a bigger test for him.

But so far, Forbes has been exactly what Rivera expected him to be.

"He is a ball hawk," Rivera said. "He does time it out very well, does put himself in position. He's working against some of the best route runners right now in the league, and that's kind of neat to watch this young man grow already. So, it's been a very good offseason with him so far."

As good as this summer has been for Forbes, there is still a lot for him to prove. People are still going to question his size and how he will fare against the bigger, more physical receivers in the NFL.

Those questions are fair, but Forbes has found a way to exceed expectations throughout his playing career. At this point, there's no reason to doubt whether he can do the same at the highest level.

"He's the total package," Mayhew said. "He really is. He can do everything that a corner should be able to do."

FORBES' FIRST DAY

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FORBES' FIRST DAY

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FORBES SHEDS LIGHT ON HIS 'GOOD LUCK' CHAINS

BY HANNAH LICHTENSTEIN

There is a lot about Emmanuel Forbes Jr. that shines. His quickness, length, instincts and ball skills are all impressive, but no feature about the rookie cornerback glimmers quite like his chains. Literally.

"They're my good luck chains. I'm really superstitious," Forbes explained. "I've never lost them. I wear them every day. I never take them off."

Beyond just giving him an extra dose of swag on and off the field, the chains hold a lot of meaning to the Grenada, Mississippi native. The oldest of the two was given to Forbes by a very important person who shares his name -- Emmanuel Forbes Sr.

"My dad passed it down to me and hopefully I can pass it down to my son one day," Forbes said of his gold cross chain.

That chain was given to him over a decade ago, following a moment in which a young Forbes

showed up clutch in a high-pressure situation on the baseball field.

"I pitched that game," Forbes said while racking his brain for the memory. "It was a championship game, and I came in to close it. I think I went two-for-four with a double...And my dad gave me the chain afterwards."

From that day on, Forbes has worn the chain. Eating; showering; playing football; hanging out with Commanders fans at a daft party at National Harbor. There are only two situations in which the rookie has been caught chainless while conscious.

"I would say in college, I broke it maybe twice," he recalled. "I was lucky enough to find it. As soon as it broke, I got to looking for it on the field."

Phew. The second instance is voluntary, when he passes the chain off into very trustworthy hands.

"My jeweler makes sure I'm looking good, keeps me up to par. So, shout out to him for that," Forbes

said with a smile. "I really try not to take them off, so I give them to him maybe once every two months."

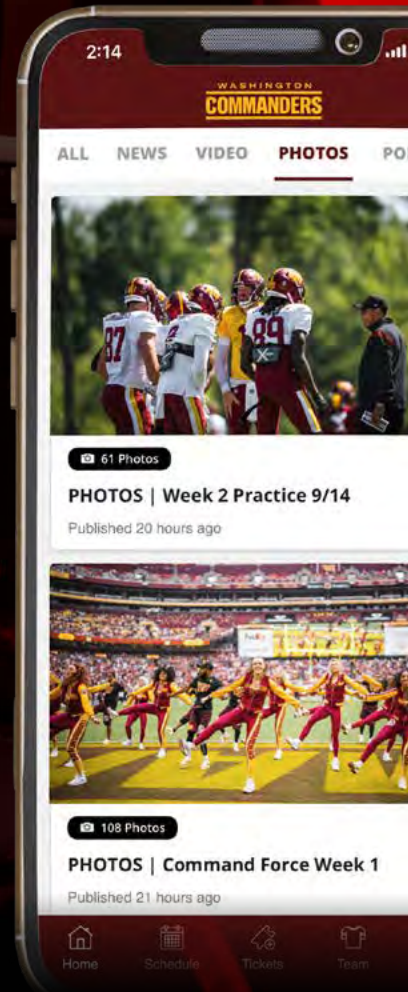
His Texas-based jeweler was responsible for turning Forbes' single, everyday chain into a double. About a year ago, the jeweler sent the 22-year-old Bulldog some ideas for a second chain. Forbes felt good about his suggestion, and with the hook of a clasp, another chain (and a second and third cross) found a home on his neck.

Both chains are the object of a sacred pregame ritual. Whenever Forbes runs out on the field, he crosses his chest and kisses them. Whether he is playing or just out in the world being a human, Forbes gains strength from the fact that the chains are a constant and always next to his heart.

"They mean a lot to me, just knowing that God always has me and is always looking out for me," he said.

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PLAYERS' POST:

BRIAN ROBISON

I remember staying up that whole night in the hospital, wondering what was going to happen next, good or bad.

I couldn't help but feel disappointed, because I had worked so hard to get to this point in my life. From playing high school football in Tuscaloosa, Alabama, to waiting my turn to show what I could do in college and getting the call from Coach Rivera, I had dreamt about playing in the NFL from the first time I was able to put that jersey on with my name on it. I realized that dreams are real if you put together the right habits and you know you have the right work ethic.

Now, that dream was close to being done.

I knew I was lucky to be alive. We're talking about gunshots. People die from gunshots. One shot. Anywhere. It can be in the strangest place on your body, and you can die from it. So, to take two, there's no way I can think that I'm not blessed to make it out of there. I can't help but think about how blessed I am to make it out of that.

I still felt that disappointment right before the doctor told me the results, but I was also trying to stay positive about what could happen. Then he told me that there had been no structural damage, and I just felt relieved. I still didn't know how well that would go for me at the time, but I did have some moment of relief. At least I'd be able to walk again. At least I'd be able to run again.

Hopefully, I'd be able to return and play ball again.

Not even a week after the doctor told me the news, I decided I wasn't going to let what happened

stop me from playing again. I didn't know how long it would take. I didn't put a timeframe on it or anything. I just went straight into my process, and I was determined and focused every single day on getting better. I felt like I was blessed, and I was rewarded for all the energy and work that I had put into my recovery. God gave me a chance to come back a whole lot earlier than I was really expecting to.

It was still a process. We still had ups and downs, and we're still going through it. I remember trying to hop up and down the stairs on my crutches while my mom was taking care of me. I'm a very ambitious, self-motivated person, and very independent. If I feel like I can do it, I'm gonna go for it. I wait so long to ask for help, and I try to put everything on my back, even when it's super heavy.

I knew I was gonna have to get back on my feet one way or the other. I didn't really want my mom or really nobody to be feeling sorry for me and feeling like they had to pull me back up. I wanted to show them that I had enough strength at the time to be strong.

But the people around me helped me get to the point I'm at today. My mom knew when to allow me to help and when not to. I appreciate her for just staying on me and just making sure I was doing stuff the right way.

And I appreciate how much my teammates were there for me. I needed them more than they needed me at the time. When I showed up to the practice facility with the Oreos in my hand, I wanted them to know that I was still open to what

we had started working on, what we had started building and that I was still committed to the relationships that we had started forming over the summer. I didn't want to put my head down, because I was determined to get back on my feet. That's the type of energy I needed around me. That's the type of energy I give out. I want people to feel like I'm happy and I'm excited, even when sometimes I'm not, because that's the energy that's gonna reflect around you, and that was the energy that I needed.

I appreciate everybody in that building that works with me every day. Like Mr. Al Bellamy in the training room. I got to spend a lot of very trying times with him and his staff, and it was great for me. Not only was he very helpful with my recovery, but he also has a great personality that really helped me mentally go through what I went through.

I remember standing in the tunnel at FedExField six weeks later getting ready for my NFL debut. That was a special moment for me. I almost got everything taken away from me before I even started. Even if I didn't gain one yard that day, it wasn't about that. It was about my presence, being able to live through what I had just gone through and also still live my dream of playing in the NFL.

Moments like that, the ones you get to share only with yourself, are moments that only you feel special about. Only you know how you feel and what you went through and why you feel the way you feel. But the moments with everybody else, like when I ran out of the tunnel with my teammates and the fans around me, everybody else around

BINSON JR.

you feel it and acknowledges it. That's what makes you feel comfortable around your teammates. That's what makes you feel respected by everyone who's rallying around you at that moment. You see how many people care about you and your presence.

A few days later, I was told that I was going to be the starting running back against the Bears. I knew it was going to be a tough game, and at the time, I didn't really know if I was ready or not. I didn't know if I could make certain moves and cuts or make certain people miss based on how I felt at the time. But I was going to go out there and play my best.

I actually went out there and did a lot better than I was expecting to. That was a perfect moment for me to show what I was bringing to the table for our team. I even scored my first touchdown, which helped us win the game. That was probably the most exciting part about it. I got my first start, and we got our first win.

That was just enough for me to continue to gain confidence, and as the season went on, I got to show more of who I am. One of my favorite moments of the year was wearing the big hat after our game against the Falcons. While I was still working hard, competing and running for my first 100-yard game, I was able to enjoy life and show my personality and connect with people around the world just off doing something that I thought was funny.

During that game, it just felt like I was growing. I was coming back into my own. Plays like the

touchdown I had early in the game just sparked me up and got me rolling for the rest of the day.

Getting back to my old self is still a process. If anybody knows what it's like to get shot through your knee, it's very traumatizing. I feel a lot better today than I felt a month ago, two months ago, last year. And I'm continuing to take strides. It's all gonna come back together. Everything, slowly but surely. I can still go out and play ball. There's a lot of things you'll see me do that will make you say, "Oh, I thought he couldn't do that."

I'm a warrior. I feel like I can stand my ground against anything I'm up against. If the battle finds me, I can fight it. That's just my mindset playing running back in the NFL. I want to be the best, so I have to continue creating the right habits on and off the field, investing my time correctly and sticking to my script.

Everybody has their way of being who they are. I have to stick to my script and what makes me who I am.

And to whoever is the first defender I see this season, remember this: don't run.





BRIAN ROBINSON JR.

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A CLOSER LOOK AT THE COMMANDERS INITIAL 2023 ROSTER

THE WASHINGTON COMMANDERS HAVE RELEASED THEIR INITIAL 53-MAN ROSTER FOR THE 2023 SEASON. HERE'S A POSITIONAL BREAKDOWN OF WHO MADE THE CUT.

BY ZACH SELBY

OFFENSE



QUARTERBACK

Notable Cuts: Jake Fromm

It was always Howell's job to lose, and the former fifth-round pick never did anything to put that in jeopardy.

Howell still has plenty to learn as he prepares for his second season, but the coaches are confident in what he has already accomplished in camp. His ball placement, arm strength and leadership are exactly where they should be, according to offensive coordinator Eric Bieniemy, and he showed poise in the pocket during the preseason, completing 28-of-37

passes (76%) for 265 yards and three touchdowns.

But Howell's ability to self-correct his mistakes has been the trait that impresses his coaches the most.

"He takes work home, and he loves to talk through all the little detailed nuances of the game," Bieniemy said, "So, I think he's right where he needs to be. He's done a heck of a job. I thought he did a good job as well in the practices, and he did a heck of a

SAM HOWELL | JACOBY BRISSETT

job in the [Ravens game]."

Howell was in a competition with Brissett for most of the preseason, and Ron Rivera made it clear that the decision to name the starter was not about what Brissett could not do under center. He was a relatively solid player throughout camp, and going forward, the Commanders expect him to be a valuable resource for Howell as he grows this season.



RUNNING BACK

Notable Cuts: Derrick Gore, Jaret Patterson, Alex Armah

Robinson said during camp that the media and fans had not seen everything he could do because he was still recovering from his gunshot wounds last year. He drove that point home during practice, as he showed burst and quickness to complement his physical style almost every time he had the ball. He also showed noticeable growth as a pass-catcher, which is something he said has always been part of his skill set.

"The biggest thing for me [is] I just

don't want to be one dimensional, and I don't want to be just a power back," Robinson said. "I want to be able to run routes, run down the field, catch the ball with soft hands and continue to grow my game."

With Robinson expected to be the Commanders' primary back, Gibson will have a similar role to what former Washington back JD McKissic had, meaning he will be more of a third-down option so he can use more of his 4.3 speed to make defenders

miss in space. Gibson has always excelled the most at attacking defensive perimeters and making that his focus should give another dimension to Washington's offense.

Like Robinson, Rodriguez runs hard and is able to push piles forward for tough yards. That was an effective approach at Kentucky, where he was one of the most productive offensive weapons in school history. He'll aim to make the most of his opportunities as a change of pace.



WIDE RECEIVER

TERRY McLAURIN | CURTIS SAMUEL | JAHAN DOTSON | MITCHELL TINSLEY
DYAMI BROWN | BYRON PRINGLE | DAX MILNE

Notable Cuts: Brycen Tremayne, Marcus Kemp, Zion Bowens, Kazmeir Allen. Kryic McGowan was placed on Injured Reserve and will miss the 2023 season.

Anyone who followed the Commanders for the past month has known that the top of the receiver room was never in doubt. The main priority of the group has been establishing chemistry with Howell, and in that regard, there has been steady progress. It starts with McLaurin, who has been dealing with a toe sprain since the Ravens game, and the veteran wideout believes he and Howell have "definitely" taken a step forward.

"I feel like we're building a little bit of that trust where you get some one-on-one opportunity, he's gonna trust me to come down and make that play," McLaurin said.

Players like Samuel and Dotson have also looked more comfortable working with Howell in Bieniemy's offense. This has been particularly true for Dotson, who made seven catches for 106 yards and a touchdown in two preseason games. His route running and reliable hands are the main reasons why he has become one of Howell's favorite targets.

"Jahan is so special," Howell said. "He's so polished...I was a huge fan of his when he was in college, and I'm so excited to play with him."

Brown is the player who has made the most substantial growth since

the start of camp. He and Howell, former teammates at North Carolina, connected often in practice. He still has the ability to make explosive plays downfield, but he has also added more polished short and intermediate routes to his skill set, which should help him have a larger impact than in years past.

After putting together a strong camp that was highlighted by his 89 yards against the Cincinnati Bengals, Tinsley did enough to earn himself a spot on the initial roster. Milne rounds out the position and will be the team's punt returner.



TIGHT END

LOGAN THOMAS | COLE TURNER | JOHN BATES | CURTIS HODGES

Notable Cuts: Kaden Smith and Brandon Dillon were placed on Injured Reserve and will miss the 2023 season

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OFFENSIVE LINE

CHARLES LENO JR. | SAAHQDQ CHARLES | NICK GATES | SAM COSMI
ANDREW WYLIE | CORNELIUS LUCAS | CHRIS PAUL
RICKY STROMBERG | TRENT SCOTT | TYLER LARSEN

Notable Cuts: Nolan Laufenburg, Jaryd Jones-Smith, Alex Akingbulu, Aaron Monteiro, Mason Brooks

The Commanders made a point to restructure the offensive line this offseason. Players like Cosmi were moved to different positions, free agents like Gates were brought in to stabilize others, and players like Stromberg were drafted to plan for the team's future.

And while there are questions that still exist about the group as a whole, the new version of the offensive line showed improvement in camp. One of the biggest examples of that growth has been the chemistry between Wylie and Cosmi, who work together well on double teams and pass off blitzes with seamless effort at times.

"Andrew is my guy, we've gelled,"

Cosmi said. "It's a great connection between me and him. We're on the same page and in this short amount of time, which is hard to do. So being able to have him and him knowing this offense like he does, it just helps us be better and grow."

Left guard was the only position that saw true competition between Charles and Paul, and the two battled for the spot all the way to the final preseason game. For now, it looks like Charles has claimed the role, as his quickness and strength are why the team gave him the first crack at being the starter at the beginning of camp. But Rivera also liked what he saw from Paul and still believes in his future.

"If they continue to practice the way they are, we probably have to figure a way out on how we can play them both," Rivera said of Charles and Paul. "They both are stout, powerful young men and they're both smart young football players."

The hope is that the Commanders can avoid the injury problems at the position that have plagued them for the past two seasons, but if not, they have backup options like Lucas, Stromberg and Scott to round out the position.

Fourth-round pick Braeden Daniels was placed on Injured Reserve, meaning he will miss the 2023 season.



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DEFENSE



DEFENSIVE TACKLE

Notable Cuts: Isaiah Mack, Anthony Montalvo, Benning Potoa'e, Abdullah Anderson. Phidarian Mathis and Efe Obada were placed on IR last week.

Allen and Payne looked as expected in camp. They are viewed as some of the best defensive tackles in football, and there was little doubt of that as they routinely blew past the Commanders' offensive line to put pressure on Howell. Allen felt that the defense looked more comfortable in the fourth season of working in Jack Del Rio's system, and that has led to the unit as a whole feeling more confident.

"We know the plays, we know what we're supposed to do now, and we

can really pay attention on how we have to do it," Allen said. "As opposed to going into the first year, we're all learning something new, so we have to spend more time focusing on what to do first. I feel like we have a good understanding of what we're trying to do, but now we can really fine-tune on how we're going to accomplish that."

Mathis has missed time with an injury, but whenever he gets back, he is expected to fill the role that Washington drafted him for back

JONATHAN ALLEN | DARON PAYNE
JOHN RIDGWAY | ABDULLAH ANDERSON

in 2022. His pass-rushing skills are not as polished as some of the other Washington defensive linemen, but he's a quality run-stopper who can occupy blockers and free up room for linebackers.

Ridgeway fills a similar role to Mathis, as he showed on multiple occasions once Mathis went down with an injury last season. Both players should play an important role in the team's ground defense. Obada is listed as a defensive tackle but can play on the edge and in the interior.



DEFENSIVE END

Notable Cuts: Joshua Pryor, William Bradley-King

Young's health was one of the main questions heading into camp. He quickly dispelled any doubts, as he looked quick, strong and played with no hesitation when rushing the passer. He's missed time with a stinger, but he's made progress since reporting the issue in the Browns game and has begun playing in team drills again.

"You see the get off first and foremost," Rivera said. "Last year he was a little hesitant, a little tentative but last year it took him a while before he got out there completely. So, you see him moving around with a lot more confidence. You see him

finishing as well. And that's the other thing."

Sweat also had a strong month and looks determined to have a career year in 2023, but he's not going to put out any goals or expectations in his fifth season.

"I used to feel like that, but...after a certain while you realize it's not really in the numbers," Sweat said. "It's just about affecting the game. How can you affect the game?"

The biggest surprise of the position has been the emergence of Jones, a seventh-round pick who earned reps with the starters in joint

CHASE YOUNG | MONTEZ SWEAT | ANDRE JONES JR.
CASEY TOOHILL | JAMES SMITH-WILLIAMS | KJ HENRY

practices against the Baltimore Ravens. His quickness off the edge has impressed his teammates and coaches with Rivera calling him "a dynamic young man."

"He's got some explosion off the edge," Rivera said. "He's got a lot to learn in terms of technique and the scheme itself, but his talent and his abilities did flash, did show."

Toohill and Smith-Williams showed growth during the offseason and will be some of the primary backups on the edge. Henry will need some more time to develop, but he showed enough in pass-rushing situations to excite the team about his future.



LINEBACKER

Notable Cuts: Milo Eifler, De'Jon Harris

Much of the position's evaluation rested on the growth of Davis and Barton. With Davis, the Commanders were hoping to see him build off the progress he made in Year 2 and catch up on the work he missed during OTAs, while Barton needed to get comfortable in his role and with his teammates.

There's still work to be done, but both players had their moments in camp.

"He's done a nice job, I think,

assimilating and trying to get a grasp of that," Rivera said of Barton. "What was really good to watch though was his play speed, his quickness to adjust and to make up for that little hesitation. I love his communications with not just Jamin, but the whole unit. I think he's really starting to get a good feel for the guys."

Rivera has also noticed that Davis is playing at a faster pace.

"He's more confident. You see his run, hit and tackle. I mean, he's still

really good at that. I thought some of the coverage stuff he did a nice job putting himself in position and really pleased with the progress."

Rounding out the position are Hudson and Mayo. Hudson showed drastic improvement from last season, when he was cut and signed to the practice squad. Mayo will provide veteran experience as he has done for the last two seasons with the team.



CORNERBACK

Notable Cuts: Tariq Castro-Fields, Rachad Wildgoose, DaMarcus Fields, D.J. Sturgis, Nick Whiteside II, Jace Whittaker

It didn't take long for Forbes to show that he was worth all the hype that Washington's coaches and executives had given him after the draft.

Forbes lined up against the Commanders' best receivers, and while he did have some growing pains, he held his own against each of them with his speed length. His ability to recover on routes was particularly impressive, and he showed on multiple occasions that he was not afraid of contact, despite his thin build.

"He's gotten better each and every day, Honestly," McLaurin said. "You

EMMANUEL FORBES JR. | KENDALL FULLER | BENJAMIN ST-JUSTE
DANNY JOHNSON | CHRISTIAN HOLMES | QUAN MARTIN

know, I've always tried to encourage him because he's a guy who really likes to learn. He's a sponge and I don't like to lose reps, so I'm gonna give it to him every time I get the opportunity but he's a competitor as well."

Fuller remains the team's best option at the position, although he has missed time with a sore knee. There is not much concern from the coaches, though, and he should be ready for Week 1.

With the addition of Forbes, St-Juste has moved back to the slot as his primary position. The coaches tried to him there last season because of

how his blend of size and quickness can create problems for receivers but couldn't keep him there after the injury and trade of William Jackson III. The hope is that he'll be able to stay in the slot with Forbes placed on the perimeter.

Rounding out the position are Johnson and Holmes. Both add value on special teams while also providing solid depth as outside corners. Martin, another versatile piece for the secondary, is learning several positions but has flashed at times. He should get more consistent as he gets a firmer grasp of the system and his role.



SAFETY

Notable Cuts: Terrell Burgess, Ferrod Gardner, Joshua Kalu, Kendall Smith

Curl is back and looked healthy in camp as he is set to lead the safety position in his fourth season. He's established a reputation for being a versatile player who relies on his intelligence to help him succeed, and he wants to pass on some of that to the rest of his young teammates.

"Really just mimicking what the old dudes did for me," Curl said. "Just being there when guys need a question or if I see something that they did, just going up to them and

KAM CURL | DARRICK FORREST | JEREMY REAVES | PERCY BUTLER

putting little stuff in their ear for the next time it comes up. Just trying to be that guy to motivate and teach."

Forrest, who took a massive step forward with his development last season, is expected to start opposite Curl and feels more confident in his skill set. As he prepares for his third season, he wants to become a more vocal leader for the defense and build stronger chemistry with Curl.

"It's going to be very explosive with two guys that can make plays all over

the field," Forrest said of him and Curl. "It's going to be about changing things up and creating different looks for quarterbacks."

Reaves, a First Team All-Pro special teams player from a year ago, is back and will provide quality depth for the position. Butler, another player who made a jump this offseason, flashed in camp and is expected to make a bigger contribution in Year 2.

SPECIAL TEAMS



SPECIAL TEAMS

After going through a kicking competition with Michael Badgley for most of camp, Slye emerged as the victor and will be the answer at the position heading into 2023. He hit all of his field goal attempts during the preseason, which should provide

a confidence boost for the season. Way dealt with back tightness but is healthy and will be ready for Week 1 after coming off a second Pro Bowl season in 2022. Cheeseman has been working on a new technique throughout camp, which is why some

TRESS WAY | JOEY SLYE | CAMARON CHEESEMAN

of his snaps have been high or a little too low, but the team still has confidence he can be a consistent option at the position for his third season.

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BRENT VIESELMEYER HELPED START A HIGH SCHOOL POWERHOUSE AT VALOR CHRISTIAN

BY ZACH SELBY

Brent Vieselmeyer had one thought when asked by a group of parents if he wanted to be part of their efforts to start Valor Christian High School in Highlands Ranch, Colorado: "Absolutely not."

Vieselmeyer, who was the defensive coordinator for Orange Lutheran High School at the time, had no intention of leaving Southern California. He had never left the state, other than to go on vacation, and his wife grew up down the street from him.



Nevertheless, he gave the opportunity its due diligence. He said he would interview for the head coaching job for the new high school and do some consulting for them, but that's about as far as it would go.

Vieselmeyer jokes that he doesn't know how he was talked into it; perhaps it was the snowstorm that kept him in Colorado for a week longer than he intended when he drove out to visit the area, giving the school a few extra days to pitch him the job.

By the time Vieselmeyer left, he was the Eagles' first head coach. For Valor Christian, it was the origin story for a powerhouse that has won eight state titles, the most recent coming in 2018. For Vieselmeyer, it was the chance to mold a program from the ground up and create an unforgettable experience.

"It kept you humble," Vieselmeyer said. "It was cool, though. We had some good times."

It didn't start out that way. Vieselmeyer and his family began preparing for the move not long after he took the job, but moving his entire life to another state was a bit of a process. The housing market had just collapsed, so they weren't able to sell their house until after he, his wife and newborn child were already in Colorado.

"I leave all the furniture, we're living in an apartment," Vieselmeyer said. "It's like true college [experience]."

Their apartment was placed where the outfield of the baseball field was supposed to be as he waited for their house to sell. One window had a good view of the school, so he could watch as the school went through the final steps of construction.

He wasn't expecting to look out of that window one day and see that the school roof was on fire.

"I looked at my wife and I'm like, 'We might be moving back,'" Vieselmeyer said.

The fire was inadvertently caused by a welder who set the tar paper on the roof ablaze. The accident threatened to uproot all their plans for starting in the spring. The biggest concern, of course, was stopping the fire, but Douglas County didn't have fire trucks that could reach that high.

That was solved easily enough. The county found a truck with a ladder that could stretch far enough to put out the fire that week. The school's opening day ended up getting pushed back to Labor Day, but there was a positive that came from the experience. Once the fire was reported on the local news, the school received about 200 applications to fill teaching positions.

With that major obstacle out of the way, Vieselmeyer could begin building a football program. It turns out that starting a culture from nothing is more difficult than one would believe. Even if there's a bad culture from the previous regime, Vieselmeyer said, there's still something to work with.

Luckily, Vieselmeyer had a good template to work off of from his time at Orange Lutheran. At the time, the Lancers were one of the best teams in California with a 46-6 record from 2004-07. Still, building something like that takes time.

"It's just hard when they're younger students, understanding how this is gonna go because we didn't have any seniors in the school," Vieselmeyer said. "It started with freshmen and sophomores, and everybody is looking around for leadership."

It was an exciting experience, Vieselmeyer said, but he spent much of his time being worried about a long list of issues. For starters, he had to build out a lot of the helmets himself by screwing on the face masks and inserting the padding. There

wasn't funding for the program, but the school managed to allocate some startup money and held several fundraisers to get the program off the ground.

It wasn't extravagant, but the materials he got was everything he and the program needed.

"We had a great board, and the head of school was awesome," Vieselmeyer said. "It was a group that was really...trying to get excellence in all things. It was a cool, refreshing kind of deal."

Since most of Vieselmeyer's first team was comprised mostly of freshmen and sophomores, Valor Christian played a JV schedule in its first season. They went 4-6 that year with their first win coming against Alameda with a 56-35 victory.

The next year was a complete turnaround. Valor Christian went undefeated and won the 3A state title in convincing fashion with a 41-14 victory over Steamboat Springs. They went on to win three more titles in the following seasons -- a 38-8 win over Wheat Ridge, a 66-10 thrashing of Pine Creek and a 9-0 win over Cherokee Trail.

Half of Valor Christian's championships came under Vieselmeyer's watch, and he still keeps in touch with a few members of that first senior class. Danny Ramirez, one of the offensive tackles, owns a chain of restaurants that serves "the best Mexican food you can get in Denver," Vieselmeyer said. He's also still friendly with the head of the school and baseball coaches who are still there.

And he's not surprised that they're all living successful lives, either, because they took a risk.

"They came to a brand new school. It was crazy. It wasn't like they had to go there," Vieselmeyer said. "A lot of transferred sophomores took a risk, went for it, and look what happened."





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A man with a beard and sunglasses, wearing a grey Washington Commanders cap, is smiling while working in an equipment room. He is surrounded by shelves filled with various pieces of sports equipment, including helmets and bags. The room is well-lit, and the shelves are organized.

FOR COMMANDERS' EQUIPMENT STAFF, GEARING UP FOR A SUCCESSFUL SEASON GOES BEYOND UNIFORM FITS AND CLEAT SIZES

BY HANNAH LICHTENSTEIN

Commanders' safety Kam Curl returned for workouts this summer with a lot less hair than he had at the end of last season. For most, this sort of change warranted nothing more than a nod or compliment. For the Washington Commanders' equipment staff, however, Curl's new look came with serious considerations.

"He showed up one day and his helmet did not fit him," recalled Justin Brooks, the Commanders' co-equipment manager. "That's an absolute real concern."

Preseason comes with an influx of new hairdos and new players that the equipment staff must address and adjust to. That element is just one of the many that make training camp specifically unlike any other time of the year for this department. During training camp, their staff more than doubles. The turnarounds are quicker. The mornings are early, and the days are long. Joint practices this year added in some more wrinkles.

And over these grueling summer weeks, the equipment staff, led by Brooks and Drew Curls, pushes to find rhythm amidst the busyness and improve every day to help the Commanders be their best.

The majority of the equipment department's training camp action takes place across from the team locker room at OrthoVirginia Training Center. Clothes and towels are stacked, jerseys are sorted, and rolling laundry carts bustle from one room to the next. The scenes can look like several coordinated dances, and this time of year, the count of the production, it seems, picks up.

"During training camp, the roster size makes a difference, but I think the big thing is the schedule," Curls said.

Nearly every practice of training camp involves a morning and afternoon session, which means more and faster laundry than usual for Curls, Brooks & Co. Practice jerseys must be washed and dried in between the sessions, plus the number of towels used perhaps doubles as the players often shower twice a day. And while this part of their day-to-day training camp work is significant, it is by no means their only job.

"A lot of people think our job is just laundry, but it feels like that is probably 5% of all that we do," Curls said.

Other duties include disinfecting gear, working

with moving companies ahead of gamedays, deciding what equipment should travel, packing and unpacking, fixing equipment malfunctions and, above all, making sure that players are as safe as possible from an equipment perspective when they step out on the field.

"Fittings are far and away the most important thing when it comes to player safety," Brooks emphasized. "Fitting of the helmet, fitting of shoulder pads, and even cleats. Just because a guy says he wears a size 10 sneaker, that doesn't mean he wears a size 10 cleat."

This aspect of the equipment team's job is so critical, in fact, that Curls and Brooks have to be tested on the protocols every three years as part of their Athletic Equipment Managers Association (AEMA) certification. Below that priority sits player comfort, and training camp becomes a crucial time for learning guys' individual preferences.

For example, one of the many items on Curls' to-do list at the end of training camp week three is making sure the team's QB2 feels as good as possible come next gameday.

"Jacoby Brissett is kind of an old school type of quarterback where he wants those like open sleeves ... So I have blank jerseys here in my office that are the style that he wants," Curls explained. "I will press and seal his numbers on the front and back and then his name. So that would be something that I can do from scratch here. I have all the parts to do it, and I have my sewing machine."

Being on the equipment staff means this kind of constant information intake, quick problem solving and attention to detail. Excel sheets and inventory processes help, but no system is perhaps more essential to the smooth flow of the equipment staff's work than human relationships.

"We're here seven days a week with them, we know what they want sometimes before they know what they want. That's part of our job, to build those relationships," Brooks said. "We have to sort of be a family, and that honestly starts with Coach [Ron] Rivera, [general manager Martin] Mayhew and those guys in terms of the culture they've established, and the players they've brought in. That makes it easier for us to relate to them."

The relationships that contribute to the equipment team's work are not confined to the building or

even the franchise. Guided by shared values around player safety and comfort, equipment teams across the league communicate with another as needed. That report becomes vital when dealing with situations that do not come around every year.

This summer's joint practices with the Ravens required all kinds of logistical planning and coordination between the respective departments. "No detail is too small," to use the words of Brooks in the lead up to the trip.

The impact of the across-league equipment team relationships also shows up meaningfully in the routine components of the NFL world. When a new player joins the Commanders, for example, initiative taken by the equipment team can get the chapter in Washington started off on an exciting and welcoming foot.

"If a guy comes over from another team, we'll make sure to get their information from that team's equipment staff. And the whole point of that is creating an environment where they feel well taken care of right off the bat," Brooks explained. "A player coming in and already having all his sized stuff in his locker is very different from going up and asking a player, 'Hey man, what size do you wear?' And of course, you can still have those dialogues, but it's cool for them to walk in and have a whole locker set up. It says, 'You already have a place here.'"

In this way, the equipment staff are teammates to the players. They have to listen and care about each other on a personal level. What they must lean on most to be partners in success cannot be inventoried or ordered; it's traits like thoughtfulness, respect and passion.

These in combination with the staff's many hard skills from sewing to sorting support the Commanders' ultimate goal: winning. Just like the guys in uniform, there is perhaps no experience for the equipment team that brings more gratitude for the work they get to do than a victorious gameday.

"You look at all the things we do to help provide everything for the players, for the coaches throughout each week, and the game is like our final product," Curls said. "The guys are on the field now, and we've done everything we can to put them in the best position to win a football game. Winning is always the best feeling."



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BY THE NUMBERS

FROM THOUSANDS OF EGGS TO HUNDREDS OF LAUNDRY LOADS, PREPARING FOR THE PRESEASON IS A TEAM EFFORT

There is no other time on the NFL calendar quite as uniquely intense as preseason.

Day in and day out, players and staff are in the building together for 12-plus hours each day. Jobs are on the line, and the summer heat adds a grueling layer to the grind. Fans come out in droves to watch their team start to find its rhythm for the upcoming season. In short, it is no wonder HBO found itself a hit show all those years ago by going behind the scenes to follow the storylines around this time of the year.

From the kitchen staff to the grounds crew, everyone who steps into OrthoVirginia Training Center at Commanders Park must rise to the demands of preseason. Take a look at some of the wacky, educational and interesting stats that emerged from the past month of football:

2,550

TOTAL PRACTICE TIME
(HOURS)

6,502,511

TOTAL YARDS RAN BY EVERY PLAYER

2,843

SPRINTS BY EVERY PLAYER

66

WATER BOTTLES CARRIED OUT
BY THE ATHLETIC TRAINING
STAFF EVERY DAY

71,267

ACCELERATIONS BY
EVERY PLAYER

120

FOOTBALLS AT EACH PRACTICE

16-20

LOADS OF LAUNDRY
EACH DAY

360

BUCKETS OF PAINT USED
FOR THE FIELD

15,000

FAN PACKS GIVEN AWAY AT
WEEKEND PRACTICES

20,000

REFILLABLE WATER BOTTLES
GIVEN AWAY

12,600

EGGS USED IN THE KITCHEN

3,130

ANALYTICS REPORTS PULLED
FROM THE FOOTBALL
SOLUTIONS TEAM

0

CUCUMBERS AND TOMATOES
PURCHASED FOR THE KITCHEN
(THEY WERE ALL GROWN IN THE
GARDEN AT ORTHOVIRGINIA
TRAINING CENTER!)

3,656

EDITED PHOTOS GIVEN TO
THE CONTENT TEAM
(NOT INCLUDING
PRESEASON GAMES)

98

HOTTEST TEMPERATURE
DURING TRAINING CAMP
(FRIDAY, JULY 28)

800

YARDS OF ATHLETIC TAPE
USED BY TRAINERS PER DAY

*CALCULATED UP UNTIL
AUG. 20





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FORCE

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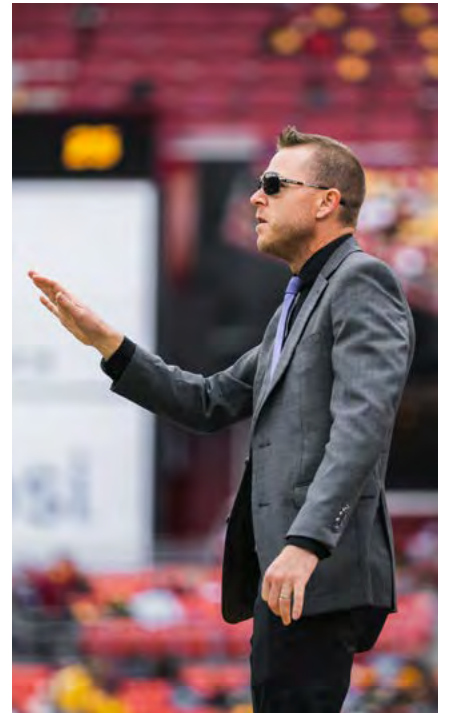
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PHOTO
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OLD D.C.







AIYRA



ALEX



ALYSSA



AMY



BRE



BREANNA



CAITLYN



CINCO



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HAIYA



HANNAH



HOLLY



JACKIE



JADA



JESSIE



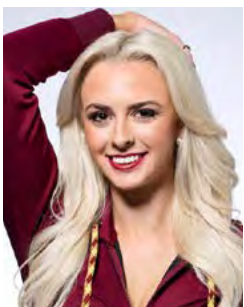
JOJO



JONATHAN



JORDAN C.



JORDAN F.



JULES



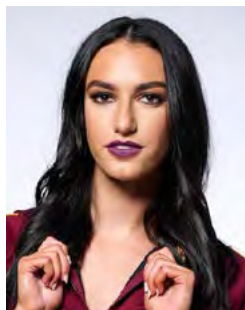
KATE



KAYLA



KELSEY

**KYLA****LEGIT****LINDSEY****LYNX****MARRISSA****MAYA****MOLLY****MONICA****MORGAN****POCA****PSYRENN****QUEST****QWAN****RAYY****RICHIE****SENSEI****SHANNON****SHELBY****SHELDON****TAYLOR****TOYA****ZAY****JADE -
DIRECTOR, ENTERTAINMENT****CHRISTIE - HEAD COACH****ASHLEY - ASST. COACH**



FORCES OF THE WEEK



ERICA CAPTAIN

YEARS ON THE TEAM: 4 YEARS

HOMETOWN: RICHMOND, VA

COLLEGE: VIRGINIA STATE UNIVERSITY

DREAM ARTIST TO PERFORM WITH: BEYONCE

WHAT IS YOUR TOUCHDOWN DANCE?: SPRINKLER

FAVORITE PART OF BEING ON THE COMMAND FORCE: THE UNIFORMS AND MY TEAMMATES



JOJO CAPTAIN (BEAT YA FEET)

YEARS ON THE TEAM: 3 YEARS

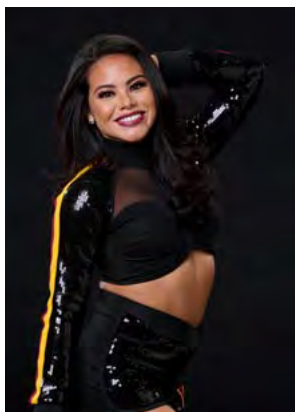
HOMETOWN: OXON HILL, MD

FAVORITE PART OF BEING ON THE COMMAND FORCE: BEING ABLE TO ENTERTAIN THE FANS!

WHAT IS YOUR TOUCHDOWN DANCE?: MOONWALK

FAVORITE PART OF GAMEDAY: THE INTERACTION WITH THE FANS ON THE SIDELINES

DREAM ARTIST TO PERFORM WITH: CHRIS BROWN



JACKIE

YEARS ON THE TEAM: 2 YEARS

HOMETOWN: ALEXANDRIA, VA

COLLEGE: VIRGINIA COMMONWEALTH UNIVERSITY

FAVORITE SONG TO DANCE TO: WE FOUND LOVE - RIHANNA

FAVORITE FOOD: HIBACHI

FAVORITE PART OF BEING ON THE COMMAND FORCE: BEING ABLE TO DO WHAT I LOVE WITH INCREDIBLE PEOPLE. THIS IS SUCH A DIVERSE TEAM OF TALENTED ENTERTAINERS, AND IT CONTINUES TO BE ONE OF THE BEST EXPERIENCES OF MY LIFE!

ENTERTAINMENT TEAM



GENIENNE SAMUELS

Hey Commanders Fans! I am thrilled to be your In-Game Host for another season, cheering on our favorite NFL team with the BEST fans in the NFL!

I'm no stranger to the Burgundy & Gold. I first stepped foot in FedExField as a Redskinette and then Redskins Cheerleader, for eight amazing seasons. As a cheerleader, I was a Head Captain for four years, Co-Captain for two years, and had the honor to represent the team at the 2004 Pro Bowl game in Honolulu, Hawaii.

After retiring from the NFL, I became a Wizard Girl for the NBA's Washington Wizards for three seasons. In the middle of my third season, I took on the role as the In-Arena Host for the Wizards and WNBA's Washington Mystics for four years. I was also the In Game Host for the AFL's Baltimore Brigade and In-Match Host for the NWSL's Washington Spirit.

But I finally made it back home to FedExField in 2019 as the In-Game Host for the Burgundy & Gold!

In addition to sports hosting, I have been in the entertainment and broadcasting industry for over two decades, and it is an honor to now be the prime-time evening anchor of WTVR CBS in Richmond, VA, my hometown.

Before moving back home, I was a freelance anchor, reporter and producer for Prince George's County CTV-News. I have also hosted other shows such as "SchoolScene" in Fairfax and Montgomery Counties and "The Sound" of Washington DC. I was also the host of "Operation Rising Star", the United States Army Morale, Welfare and Recreation's annual singing competition for service members and their families for 10 years.

I founded two businesses. Sideline Prep provides individual counseling to young women and men auditioning for professional dance and cheerleading teams. I'm also the owner and lead consultant for GS Consulting & Communications, Inc., which is a BPR (Business Process Reengineering), quality and process improvement company.

And as if that isn't enough, I'm Aunt Nienne to three nieces, two nephews, and seven godchildren.

I would love to connect. Be sure to say Hi or "Hail Yeah" at a Commanders event or on gameday, and please connect with me at GeNienneSamuels on Facebook, X @GeNienneWithaG, or GeNienneWithaG on Instagram.



DJ PREMONITION

DJ Premonition is a 20+ year staple in the DMV area with his energetic mixing style and creative music curation. After getting his start while attending Howard University, DJ Premonition elevated his craft in DC night clubs while also expanding his client base by performing for numerous corporate brands. He became the Washington Commanders GameDay DJ in the 2018

season. He was honored to be selected to represent the NFC DJs in the 2022 NFL Pro Bowl. He also performed as one of the main stage DJ's for the NFL Draft in 2022 (Las Vegas) and 2023 (Kansas City).

@djpremonition



MARK FRATTO

Mark Fratto has been a live sports announcer for 20 years with more than 3,000 live events, sports promos and commercial spots under his belt.

Fratto's experience behind the microphone includes serving as a public address announcer at Capital One Arena for the Washington Wizards, at Madison Square Garden for New York Knicks, college basketball and New York Liberty games, at Yankee Stadium for New York City FC Major League Soccer contests, at Pocono Raceway for NASCAR, at MetLife Stadium in the 2018 preseason for the New York Football Giants, at the Westchester County Center for Westchester Knicks NBA Development League games, at MCU Park in Coney Island for Brooklyn Cyclones Baseball and Brooklyn Bolts Football, at Rutgers University for Sky Blue FC women's professional soccer, and as the announcer for a variety of NCAA Division I intercollegiate contests at the University of Maryland, St. John's University and for a number of other colleges, universities and professional teams.

In 2019, Fratto began announcing Army Football at Michie Stadium and served as the announcer for the historic 2020 Army-Navy game. Fratto has been one of the voices of the popular NBA2K video game for the past three editions.

Fratto was a NCAA National Champion as part of Maryland Basketball's back-to-back Final Four runs in 2001 and 2002, and he served as the lead communications director during the Terrapins' 2004 ACC Title Season. As an announcer, Fratto has a 2021 MLS Championship ring with New York City FC and a 2019 New York-Penn League title with the Brooklyn Cyclones. Fratto was tabbed by the National Basketball Association to announce the 2015 NBA Development League All-Star game, slam dunk contest and 3-point shootout, as well as the FDNY-NYPD-NBA Legends charity game at Barclays Center as part of NBA All-Star Weekend in New York City. He returned to his 13th NCAA Final Four in Houston in April 2023, where he again served as news conference moderator.

Fratto was cast as the MMA main event announcer in the Halle Berry movie "Bruised" and has served as ring announcer for boxing events at Madison Square Garden; The Hard Rock, the Monte Carlo and Thomas and Mack Center in Las Vegas; Boardwalk Hall, the Ocean Resort and the Showboat in Atlantic City; Encore Boston Harbor, House of Blues Boston and MGM Springfield, Mass.; Mohegan Sun and Foxwoods in New England; MGM National Harbor, the Washington D.C. Armory and the ESA in Our Nation's Capital; Turning Stone Resort in Verona, N.Y.; Fantasy Springs Resort and the Pechanga Resort and Casino in Southern Cal; New York City's Hammerstein Ballroom, Webster Hall, B.B. King's Blues

Club and Grill and SONY Hall; the 2300 Arena, the Met and Sugar House Casino in Philadelphia; and Wild Horse Pass Casino in Chandler, Arizona, among others.

He has announced for Golden Boy Promotions, Matchroom Boxing, Mayweather Promotions, DiBella Entertainment, K2 Promotions, GGG Promotions, Roy Jones Jr. Promotions, Evander Holyfield's Real Deal Promotions, King's Promotions, Joe DeGuardia's Star Boxing, Murphy's Boxing, Salita Promotions, Hard-Hitting Promotions, Hitz Boxing, Rising Star Promotions, Uprising Promotions, Petra Nemcova's Happy Hearts Fund, the NYPD and FDNY and has called fights on HBO, HBO PPV, Showtime, HBO Latino, ESPN, ESPN2, ESPN Deportes, CBS Sports Network, MSG Network, Facebook and Ring TV.

He has been behind the mic for cards and events featuring Roy Jones Jr., Saul "Canelo" Alvarez, Bernard Hopkins, Gennady "GGG" Golovkin, Miguel Cotto, Gervonta Davis, Ryan Garcia, Michael Buffer, Jimmy Lennon Jr., "The Miracle Man" Daniel Jacobs, Jaime Munguia, Luis "King Kong" Ortiz and Amir "King" Khan, just to name a few.

Fratto – who was a collegiate athletics administrator in the communications departments of St. John's University and the University of Maryland for 15 years from 1999 to 2014 – founded Linacre Media, a full-service digital/social media, production services and public relations consulting firm, in the Fall of 2014. Linacre Media is an official broadcast partner of the NBA and serves as the primary production partner for the Westchester Knicks of the NBA G League, in addition to packaging numerous other pro/college/high school athletics events for platforms like ESPNU, CBS Sports Network, the Madison Square Garden Network, Comcast Sports Networks, Facebook and Facebook FIGHTNIGHT LIVE, ESPN+, ESPN3 and the Campus Insiders Network/Stadium. Linacre Media has produced events for the NBA, the BIG EAST Conference, Nike, Jordan Brand, Army, Navy, the American Athletic Conference, the Atlantic 10 Conference, the Ivy League, the Patriot League, the Northeast Conference, the Metro Atlantic Athletic Conference, professional boxing and MMA promoters, the ABA, the FXFL, St. John's University and the CUNYAC.

Fratto lives in Edgewater, MD, with his wife Kristin and their sons, Jackson (5) and Mason (2).

RING FAME

GEORGE ALLEN

HEAD COACH, 1971-77

CLIFF BATTLES

RUNNING BACK, 1932-37

SAMMY BAUGH

QUARTERBACK, 1937-52

MIKE BASS

CORNERBACK, 1969-75

BOBBY BEATHARD

GENERAL MANAGER, 1978-88

JEFF BOSTIC

CENTER, 1980-1993

GENE BRITO

DEFENSIVE END, 1951-53, 1955-58

LARRY BROWN

RUNNING BACK, 1969-76

DAVE BUTZ

DEFENSIVE TACKLE, 1975-88

GARY CLARK

WIDE RECEIVER, 1985-92

MONTÉ COLEMAN

LINEBACKER, 1979-94

JACK KENT COOKE

OWNER, 1961-97

WAYNE CURRY

P.G. COUNTY EXECUTIVE, 1994-2002

BILL DUDLEY

RUNNING BACK, 1950-51, 1953

PAT FISCHER

CORNERBACK, 1968-77

LONDON FLETCHER

LINEBACKER, 2007-13

JOE GIBBS

HEAD COACH, 1981-92, 2004-07

DARRELL GREEN

CORNERBACK, 1983-2002

RUSS GRIMM

GUARD, 1981-91

CHRIS HANBURGER

LINEBACKER, 1965-78

KEN HARVEY

LINEBACKER, 1994-98

LEN HAUSS

CENTER, 1964-77

PHIL HOCHBERG

P.A. ANNOUNCER, 1963-2000

KEN HOUSTON

SAFETY, 1973-80

SAM HUFF

LINEBACKER, 1964-67, 1969

JOE JACOBY

TACKLE/GUARD, 1981-1993

DICK JAMES

RUNNING BACK, 1956-63

SONNY JURGENSEN

QUARTERBACK, 1964-74

CHARLIE JUSTICE

RUNNING BACK, 1950, 1952-54

BILLY KILMER

QUARTERBACK, 1971-78

EDDIE LEBARON

QUARTERBACK, 1952-53, 1955-59

VINCE LOMBARDI

HEAD COACH, 1969

DEXTER MANLEY

DEFENSIVE END, 1981-89

CHARLES MANN

DEFENSIVE END, 1983-93

WAYNE MILLNER

END, 1936-41, 1945

BOBBY MITCHELL

FLANKER, 1962-68

BRIAN MITCHELL

RUNNING BACK, 1990-99

ART MONK

WIDE RECEIVER, 1980-1993

MARK MOSELEY

KICKER, 1974-86

BRIG OWENS

DEFENSIVE BACK, 1966-77

RICHIE PETITBONSAFETY, 1971-72,
DEF. COORD., 1978-92 / HEAD COACH, 1993**VINCE PROMUTO**

GUARD, 1960-70

JOHN RIGGINS

RUNNING BACK, 1976-79, 1981-85

MARK RYPIEN

QUARTERBACK, 1986-1993

CHRIS SAMUELS

TACKLE, 2000-09

JERRY SMITH

TIGHT END, 1965-77

CHARLEY TAYLOR

WIDE RECEIVER, 1964-77

SEAN TAYLOR

SAFETY, 2004-07

JOE THEISMANN

QUARTERBACK, 1974-85

LAMAR “BUBBA” TYER

HEAD ATHLETIC TRAINER, 1971-2002, 2004-08

DOUG WILLIAMS

QUARTERBACK, 1986-89

CAREER PASSING LEADERS

#	NAME	ATT.	COMP.	PCT.	YARDS	TD
1	Joe Theismann	3,602	2,044	56.7	25,206	160
2	Sonny Jurgensen	3,155	1,831	58.0	22,585	179
3	Sammy Baugh	2,995	1,693	56.5	21,886	187
4	Kirk Cousins	2,096	1,372	65.5	16,206	99
5	Mark Rypien	2,207	1,244	56.4	15,928	101

CAREER RUSHING LEADERS

#	NAME	ATT.	YARDS	AVG.	TD
1	John Riggins	1,988	7,472	3.8	79
2	Clinton Portis	1,667	6,824	4.1	46
3	Larry Brown	1,530	5,875	3.8	35
4	Stephen Davis	1,383	5,790	4.2	45
5	Alfred Morris	1,078	4,713	4.4	29

CAREER RECEIVING LEADERS

#	NAME	REC	YARDS	AVG.	TD
1	Art Monk	888	12,026	13.5	65
2	Charley Taylor	649	9,110	14.0	79
3	Gary Clark	549	8,742	15.9	58
4	Santana Moss	581	7,867	13.5	47
5	Bobby Mitchell	393	6,492	16.5	49

CAREER SCORING LEADERS

#	NAME	POINTS	TD	FG/FGA	XPAT/XPA
1	Mark Moseley	1,206	0	263/397	417/441
2	Chip Lohmiller	787	0	175/245	262/267
3	Dustin Hopkins	668	0	163/194	179/190
4	Charley Taylor	540	90	0	0
5	John Riggins	510	85	0	0

CAREER PUNT RETURN LEADERS

#	NAME	RET.	YARDS	AVG.
1	Brian Mitchell	317	3,476	11.0
2	Mike Nelms	212	1,948	9.2
3	Eddie Brown	111	1,150	10.4
4	Rickie Harris	119	1,005	8.4
5	Brandon Banks	100	937	9.4

CAREER KICKOFF RETURN LEADERS

#	NAME	RET.	YARDS	AVG.
1	Brian Mitchell	421	9,586	22.8
2	Rock Cartwright	222	5,332	24.0
3	Mike Nelms	175	4,128	23.6
4	Dick James	155	3,949	25.5
5	Brandon Banks	119	2,856	24.0

CAREER INT. LEADERS

#	NAME	INT.	YARDS	TD
1	Darrell Green	54	621	6
2	Brig Owens	36	686	3
3	Sammy Baugh	31	491	0
4	Mike Bass	30	478	3
5	Joe Lavender	29	338	1

CAREER OFFICIAL SACK LEADERS

#	NAME	GAMES	SACKS
1	Ryan Kerrigan	140	95.5
2	Dexter Manley	125	91.0
3	Charles Mann	163	82.0
4	Monte Coleman	215	43.5
5	Ken Harvey	74	41.5

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130

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